

B. Balance Discs Module

B1. Starting Position



B2. Double Leg Squat Front/Back 20 reps. each leg and position



Poles front



Poles back

B3. Single Leg Squat Front/Back 20 reps each leg and position



Poles front



Poles back

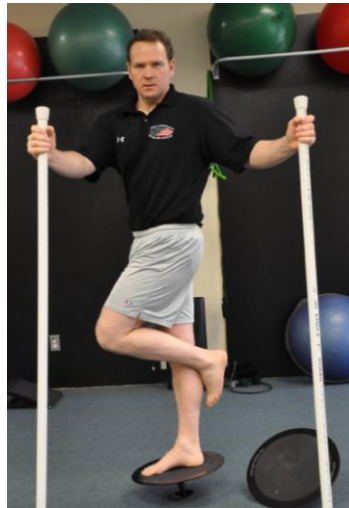
B4. Double Pivot Twist



B5. Single Pivot Twist



Start position



Rotate right and left

B6. Figure 8

