

# Single leg stand



## GOAL

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Primary: Prevent falls  
Secondary: Build muscles

## TARGET AREA

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Hip/Leg Muscles

## DESCRIPTION

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This is a progression exercise for balance. With only one leg in stance, it narrows your base of support which makes it more challenging.

## HOW TO

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**Find a stable surface nearby and find your standing balance with feet together.**

1. Slowly raise your heel back
2. Maintain balance for 10 sec
3. Return to the start position

Repeat on the other side

## REPETITIONS

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1x3

## DIFFICULTY DESCRIPTION

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[tt:node\_exercise\_30\_difficulty\_level\_4\_description]