

Standing weight shifts - Side to Side



GOAL

Primary: Prevent falls Secondary: Build muscles

TARGET AREA

Hip/Leg Muscles, Spine/Core

DESCRIPTION

This exercise challenges the muscles of your lower leg and trunk as you move your body's center over your base of support from side to side.

HOW TO

- 1. Stand with your feet hip width apart and equal weight through both feet.
- 2. Slowly shift your weight onto one leg while keeping both feet in contact with the ground.
- 3. Return to the start position.
- 4. Repeat.

Repeat on the other side.

REPETITIONS

1x10

DIFFICULTY DESCRIPTION

[tt:node_exercise_33_difficulty_level_1_description]