

10-MINUTE balance & stability WORKOUT

GET HEALTHY U™

Do each move for :45, then rest for :15

1



Squat Curl w/
Alternating Knee Lift

2



Balancing Single Arm
Row

3



Stability Ball Push-Up

4



Hamstring Roll In

5



Ab Rollout

6



Kick Through Lunge

7



Stiletto Squat

8



Side Plank w/Arm
Extension

9



Plank to Single Arm Reach