

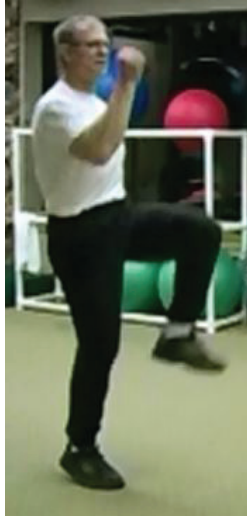
BALANCE PROGRESSION



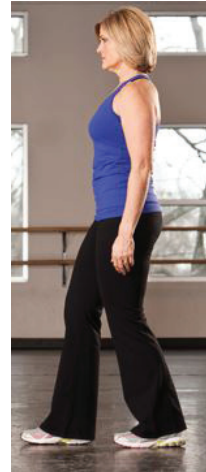
Single Leg Stand
Eyes Open and Closed



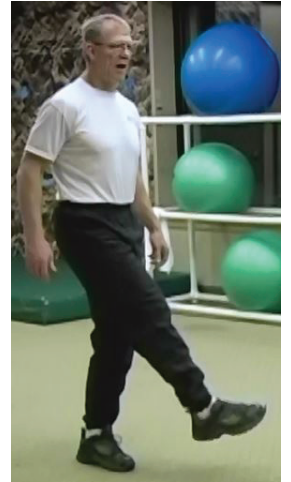
Single Leg Stand
High Knee



High Knee March



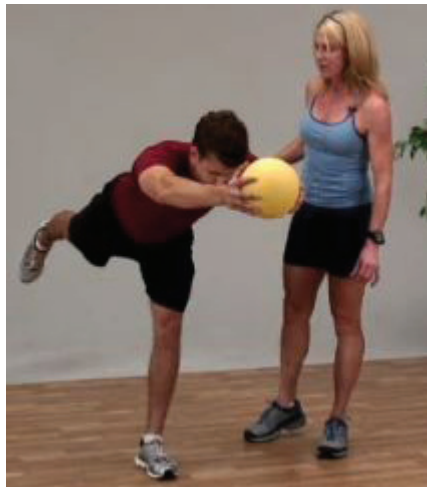
Tandem Walk



Keys in the Grass
(Inside to Out)



Outside to Inside Sweep



Bend and Reach



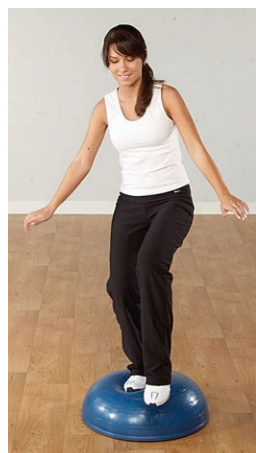
Low Beam Walk or Lunge



Single Leg on Pad



Low Beam Prisoner
Squat



Single Leg
on Bosu



Side Kick



Backward Cowboy



Forward Cowboy



Karaoke



Toe Tap



Four Point Lunge



Skate