

# Balance Challenge

MYFITZONE

MyChallengeZone contains workouts of a wide variety of exercises completed either by using time or repetitions. They target different body areas such as Full Body, Upper Body, Lower Body, Abs etc.

Levels :- All Levels

Equipment :- None

## Target Muscle Group | Full Body

5 Reps of each exercise or 1 minute of each – take it slow

1. One Legged Squat With Knee Raise – each side
2. Narrow Stance Tip Toe Squat Rotations
3. Standing One Legged Deadlift - each side
4. One Hand Plank Hold – each side
5. Revers Plank Knee To Elbow Hold – each side



**10 minute workout**



### Information Zone:-

1. We are always keen to know how you got on - you can post your results through on our Facebook page.
2. Remember to always work on technique.
3. If you choose to do an easier variation try progressing from there - but make sure you keep your form at all times.
4. Don't forget you can contact us through our website, Facebook or email if you have any questions.
5. Always consult your doctor before beginning any new exercise program.

**Check out our website for more workouts at [www.myfitzone.co.uk](http://www.myfitzone.co.uk)**