## Step 1 Warm-up

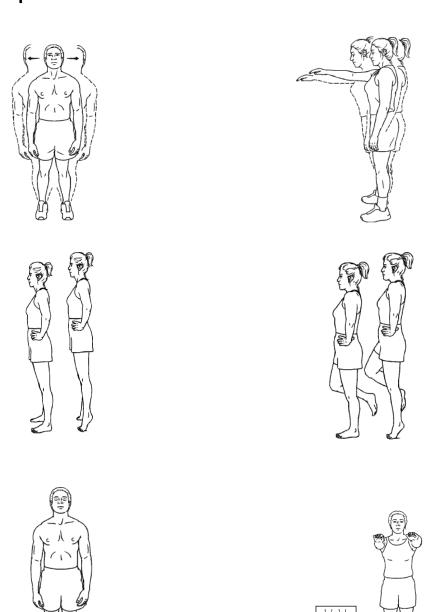


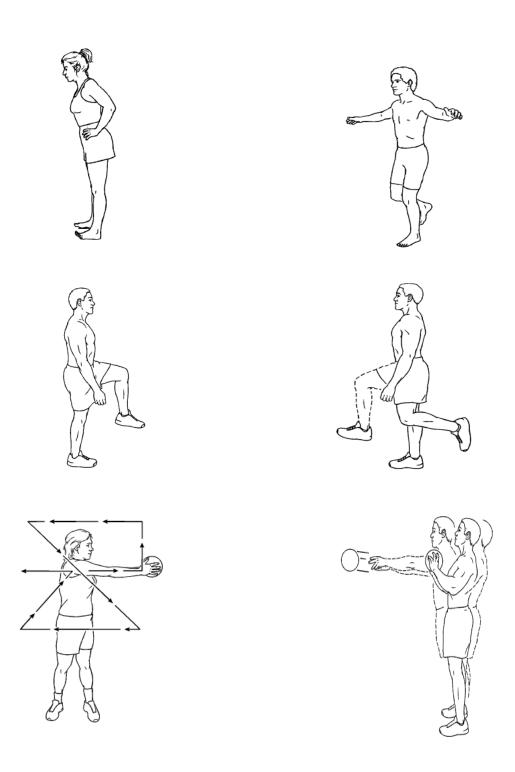
A warm-up lasts about 5 minutes.

## Step 2 Balance Exercises

Here are some exercises to improve your balance.

Ask your Coach which ones to do at home **Do** \_\_\_\_\_repetitions of each exercise





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