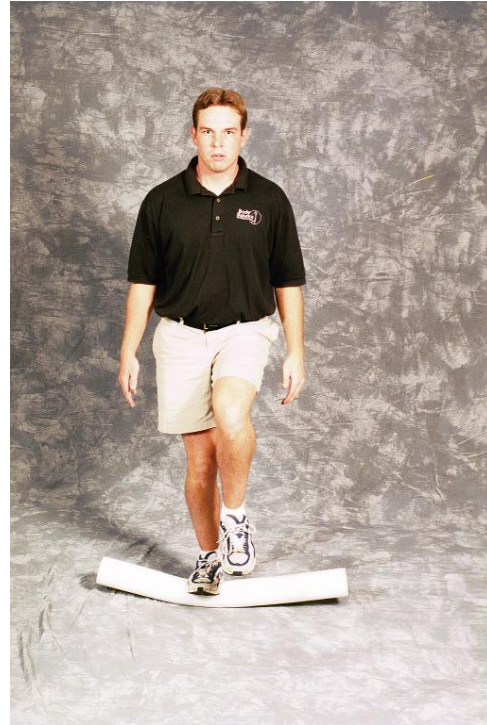


PRIMARY TILT AND SINGLE LEG BALANCE ON FOAM ROLL



89



90

Purpose: Improve balance.

Benefit: Achieve maximum stability at the power position.

Instruction: **89:** Stand on foam roll, balance yourself, and perform a primary tilt.

90: Balance on one leg while standing on foam roll.

Quantity: Hold _____ reps _____