1. Engage your core and prepare for balance. Slowly lift one knee up towards your chest while keeping your hips stable and level
2. Lower your leg back to standing
3. Repeat on opposite side
   Progression: Wrap your hands around the front of your knee and pull towards your chest, balancing for a few moments before lowering

**Slow March**

**Reverse Lunge**

1. Step one foot backwards and lower into a lunge
2. Stand up and bring foot back to standing
3. Repeat on opposite side
   Progression: In lunge, raise your arms to shoulder level and twist your torso to either side

**Side Bends**

1. Lean sideways to reach one hand to touch the side of the knee
2. Repeat on opposite side
   Progression: Reach opposite arm overhead

**Ts and Ys**

1. Raise arms up in “T” position
2. With your thumbs facing backwards, squeeze your shoulder blades together, pulling your arms backwards
3. Raise arms up into a “Y” position and repeat above step
4. Repeat
   Progression: Perform the above steps in leaned over position

**Median and Radial Nerve Glides**

1. Reach one hand over to hold opposite of head
2. Point your nose towards the armpit of your raised arm and pull gently
3. Repeat on opposite side
   Progression: Reach opposite arm behind back during stretch

**Nose to Armpit**

**Side-to-side Weight Shift**

1. Stand with feet slightly wider than shoulder width apart
2. Shift your weight from side to side
   Progression: Lift unweighted foot off the ground