

MONTHLY WORKOUT · NOVEMBER EDITION

STEADY & SURE

Three standalone blocks, each pairing a balance move with a grounding move. No equipment, just you and a little floor space. Balance is a skill, and like any skill, it gets stronger with practice. Do one block, do two, or stack all three. However you fit it in counts.

11

MIN PER BLOCK

3

BLOCKS

2

MOVES EACH

6

ROUNDS



01

LOWER BODY



45S ON · 10S OFF

KNEE RAISE WITH LEG EXTENSION

Stand tall and shift your weight onto one leg. Lift the other knee to hip height, then straighten that leg out in front of you, holding for a moment before bending the knee back in and lowering. Switch legs.

Modify: Hold onto a chair or wall, or lift the knee without straightening the leg.



45S ON · 10S OFF

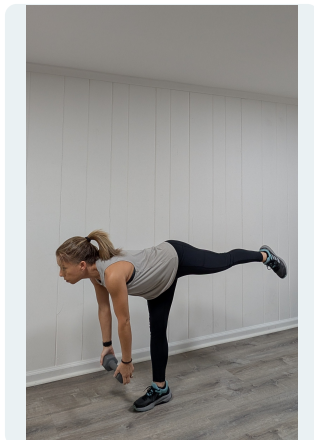
HEEL RAISES

Stand tall, feet hip-width apart. Rise onto your toes, lifting your heels as high as you can, then lower with control. For more challenge, do these on one leg at a time, switching legs every round.

Modify: Hold onto a chair or wall for balance, or stay on both feet throughout.

02

FULL BODY

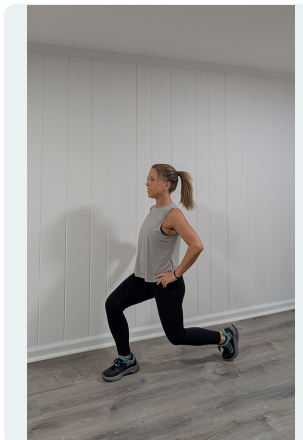


45S ON · 10S OFF

SINGLE-LEG DEADLIFT

Stand on one leg with a soft bend in your knee. Hinge forward at the hips, reaching your hands toward the floor as your other leg extends straight back behind you, forming a line from your head to your heel. Return to standing with control, then switch legs.

Modify: Hold onto a chair for light support, or keep your reach smaller.



45S ON · 10S OFF

REVERSE LUNGE TO BALANCE

Step one foot back into a reverse lunge, then push off that back foot and drive your knee up to hip height, balancing on the standing leg for a full second before stepping back into the lunge again. Finish your reps on one side, then switch.

Modify: Skip the knee drive and simply return to standing between lunges, or hold a chair for balance.

03

CORE · STABILITY

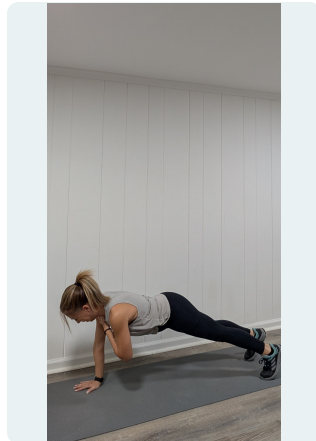


45S ON · 10S OFF

PLANK WITH SHOULDER TAPS

Hold a forearm or high plank with your feet a little wider than hip-width for stability. Tap one hand to the opposite shoulder, keeping your hips as still as possible, then switch sides. Move slowly and resist any rocking.

Modify: Widen your feet further, or drop to your knees.



45S ON · 10S OFF

BOAT TOE TAP

Sit with your knees bent and feet lifted, balancing on your seat, hands by your hips or reaching forward for extra challenge. Lower one foot to lightly tap the floor, then lift it back up to meet the other. Alternate sides, keeping your chest tall.

Modify: Start with both feet on the floor and lift one leg at a time instead.



FROM THE COACH

Balance is a skill. It gets stronger with practice.

This workout pairs a balance challenge with a grounding move in every block, on purpose. The balance moves train your stability and your reaction time. The grounding moves build the strength that supports it. You need both.

As the days get shorter and the sidewalks get slicker, this is exactly the kind of training that pays off. Start with the modify option on anything that feels unsteady. There's no rush here, and no one's keeping score. Just show up and get a little steadier each week.

Rebecca

BUILD THE HABIT OVER 4 WEEKS

WEEK 1

One block a day.

Use the modify option on anything unsteady.

WEEK 2

Two blocks a day.

Try dropping the support on the balance moves when you're ready.

WEEK 3

All three blocks.

About 30 minutes, start to finish.

WEEK 4

Go further.

Try the single-leg versions of each move, where offered.

WHAT YOU NEED

Nothing but you and a little floor space. A chair or wall nearby is handy for the modify options. Set a timer for 45 seconds on and 10 seconds off, six rounds, two moves per block, three blocks.