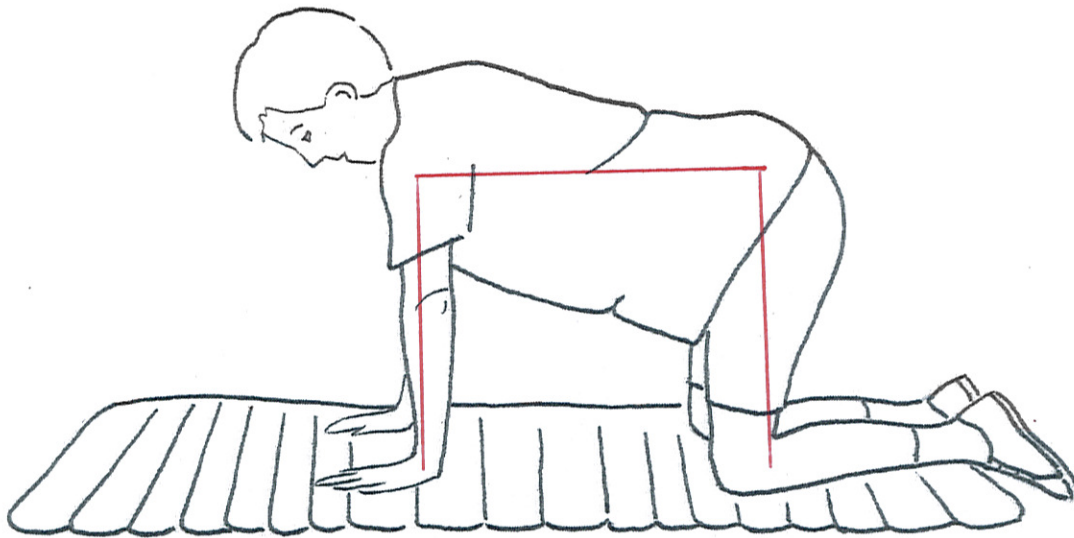


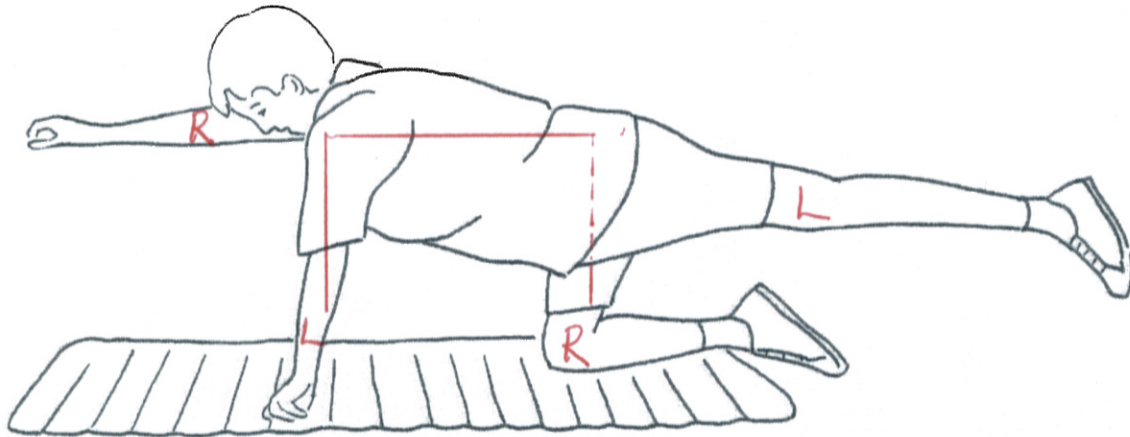
## Trunk Strength & Stability- Pointer dog



Instructions: Kneel down on a firm surface with some padding. Place hands (palms or knuckles down) about 18" in front of your knees. You are now in 4 point kneeling. Line up your head and back as if you were a table. Do not let your back sag in the middle. Try lifting one leg, straight out behind you. You are now balanced over 3 points. Concentrate on breathing- try not to wobble. Lower leg after 15 counts. Try lifting one arm next. Let each limb have a turn. When this gets easy, move on to the **Advanced Pointer dog**.

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin

## Trunk Strength & Stability- Advanced Pointer Dog



**Start by kneeling on hands and knees on a firm surface with some padding. Hands may be in a fist position or flat palm position. Lift and extend one leg. Once stable lift and extend the opposite arm. (Ex. Right arm and Left leg) If you lift the arm and leg of the same side you will fall over. The object is to be able to maintain a stable trunk while balanced over two points. Hold to the count of 20 and then try the opposite arm and leg. If you feel shaky, try moving the supporting hand closer to the supporting knee.**

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin