Balance Training Calendar

Frequency: Twice a week																									
Intensity: Core, 5 reps; WBA, 10 reps Duration: Twelve weeks							Goal:																		
Exercise		Current Level					1 2			3		4	5		6	7		8	9		10	11	12	2	
Core Stability		1	2	3	3	4																			re-test
Whole Body Awareness		1	2	3	3	4																			