



## How well can you balance?

Below we have a few balance challenges, complete each one and record your best time. Have three goes at each. We've also got some balances that we want your help to rename, fill in the blanks.

<p><b>3-Point Balance</b></p>  <p>Time: _____</p>	<p><b>Single Leg Balance</b></p>  <p>Time: _____</p>	<p><b>Elbow Plank</b></p>  <p>Time: _____</p>	 <p>Time: _____</p>
<p><b>Toe Hold</b></p>  <p>Time: _____</p>	<p><b>Reverse Plank</b></p>  <p>Time: _____</p>	 <p>Time: _____</p>	<p><b>2-Point Balance</b></p>  <p>Time: _____</p>
<p><b>5-Point Balance</b></p>  <p>Time: _____</p>	<p><b>Single Leg Table Top</b></p>  <p>Time: _____</p>	<p><b>4-Point Balance</b></p>  <p>Time: _____</p>	<p><b>Side Plank</b></p>  <p>Time: _____</p>
 <p>Time: _____</p>	<p><b>Reverse Table Top</b></p>  <p>Time: _____</p>	<p><b>Reverse 3-Point Balance</b></p>  <p>Time: _____</p>	 <p>Time: _____</p>