







GotGame

HOW WELL CAN YOU BALANCE?

Below are a few balance changes for you to complete and record down your personal best times for each balance challenge! Goodluck!

| BALANCE CHALLENGE How long can you hold these balancing positions? | ATTEMPT 1. Seconds/Minutes | ATTEMPT 2. Seconds/Minutes | ATTEMPT 3. Seconds/Minutes |
|---|-------------------------------|-------------------------------|-------------------------------|
|  Stalk stand on Left leg <small>© topendsports.com</small> | | | |
|  Stalk stand Right Leg <small>© topendsports.com</small> | | | |
|  AIR CHAIR | | | |
|  Side Support | | | |



Front Support



Back Support



Left leg up, right arm up



Right leg up, left arm up



Downward Dog



Three Legged Dog



Plank Hold



Crab Position