

## Personal Best Balance 1

### Child Pose



Sit back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Hold steady for 30 seconds.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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Remember this is about achieving your own Personal Best



## Personal Best Balance 2



# Frog Pose



Come down to a squat with your knees apart and your arms resting between your knees. Press your hands together. Hold like a frog for 30 seconds.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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## Personal Best Balance 3



# Rock and Roll Pose

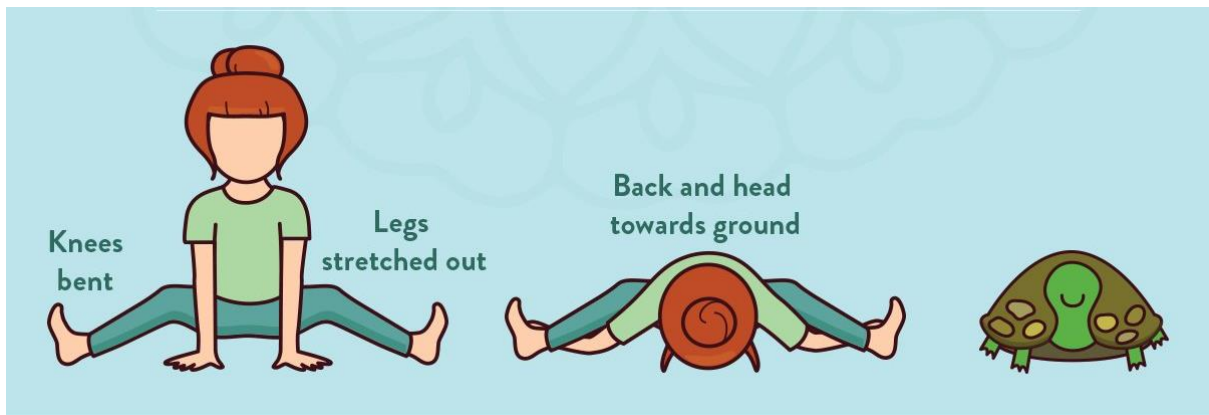


Lie on your back, then place hands on knees at chest, next lift your head and rock on your back.  
Forwards and backwards for 30 seconds

Practice every day to see if you can improve your pose or  
the length of time you can hold your pose.

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## Tortoise Pose



Sit on your bottom with your knees bent and your feet flat on the floor. Then take your feet out wide and be sure you are sitting with a tall, straight spine.

Slide your arms under your knees and place your hands flat on the floor outside your legs. Bend forward, keeping your back and neck straight. Hold for 30 seconds.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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## Crab Pose



Sit with your palms flat behind you and the soles of your feet flat in front of you. Lift your bottom to create a table. Hold for 30 seconds.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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## Personal Best Balance 6



# Shark Pose



Sit back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, bring your arms back pointing your hands in the air like a shark fin. Take a few deep breaths and hold steady for 30 seconds.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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Share your balance poses on Twitter  
using **@KnowsleySSP** so we can see  
what you have been doing!

**#StaySafeStayActive**  
**#StayHomeWorkOut**

Tweet your efforts @knowsleyssp  
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