

BALANCE BOARD

Workout Guide

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1

Athletic Stance



2

Single Leg



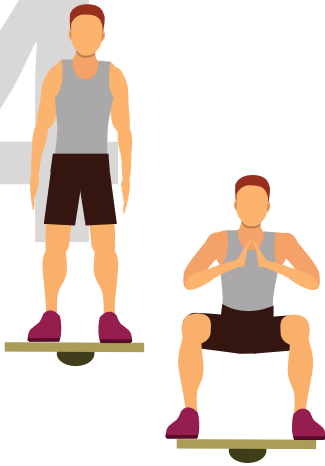
3

Lunge



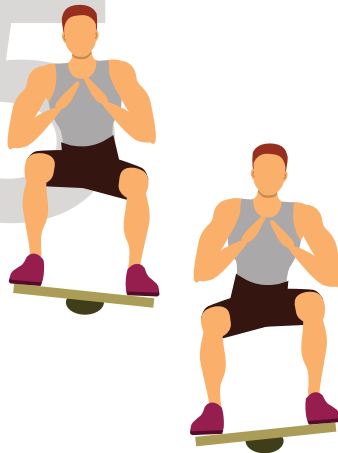
4

Squats



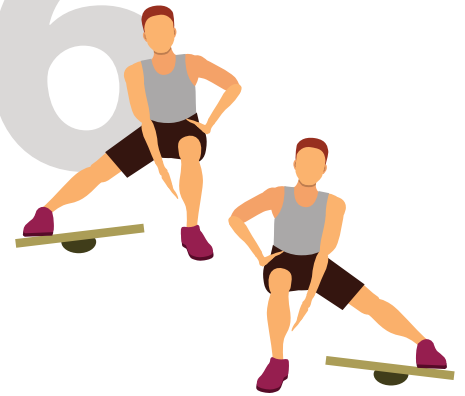
5

See-Saw



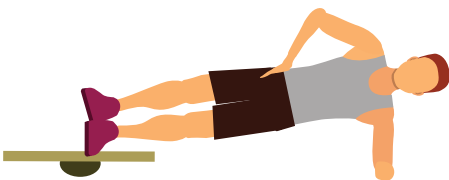
6

Side Step



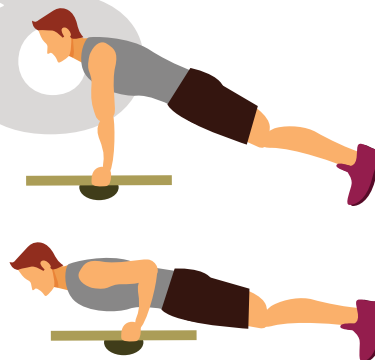
7

Side Plank



8

Push-up



9

Decline Push-up

