

# Hip Hinge–Lunge–Reach

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## Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

### Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: \_\_\_\_\_ seconds Left leg: \_\_\_\_\_ seconds

| Support I used:                                                                                                                                                                                                                                        | After this round, the exercise felt:                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li><input type="checkbox"/> The same support</li><li><input type="checkbox"/> Less support</li><li><input type="checkbox"/> More support</li><li><input type="checkbox"/> A different option:</li></ul> <hr/> <hr/> | <ul style="list-style-type: none"><li><input type="checkbox"/> Too unsteady today</li><li><input type="checkbox"/> Very challenging</li><li><input type="checkbox"/> Appropriately challenging</li><li><input type="checkbox"/> Steady with support</li><li><input type="checkbox"/> I may be ready for more</li></ul> |

### What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

### Where I Will Begin

My start time: Right \_\_\_\_\_ sec. Left: \_\_\_\_\_ sec.

Support I will use: \_\_\_\_\_

**This is where I will begin—not a level I must stay at or repeat every time.**

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# Half Jacks

## First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

### Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

### First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: \_\_\_\_\_ seconds

Left leg: \_\_\_\_\_ seconds

| Support I used:                                                                                                                                                                                           | After this round, the exercise felt:                                                                                                                                                                                                              |
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### Pause and Reset

Before continuing:

- ☐ I felt ready to continue
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# Alternating High Knees with Weight

## First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

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### First Round

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# Skier

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