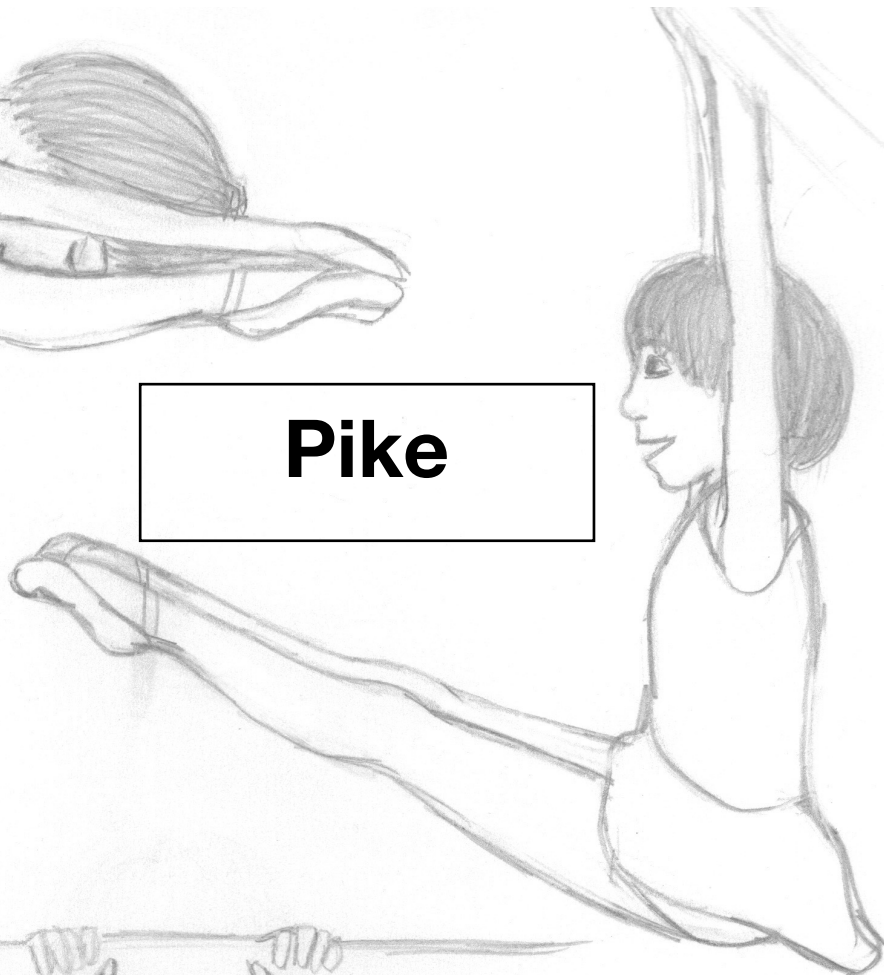


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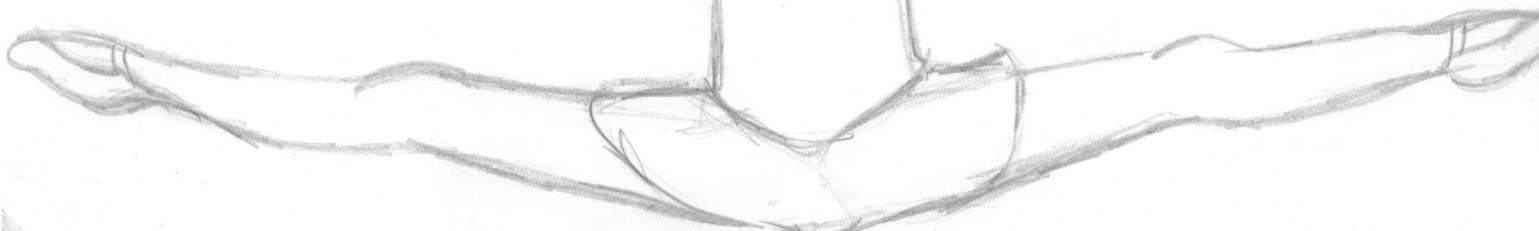
**Pike**

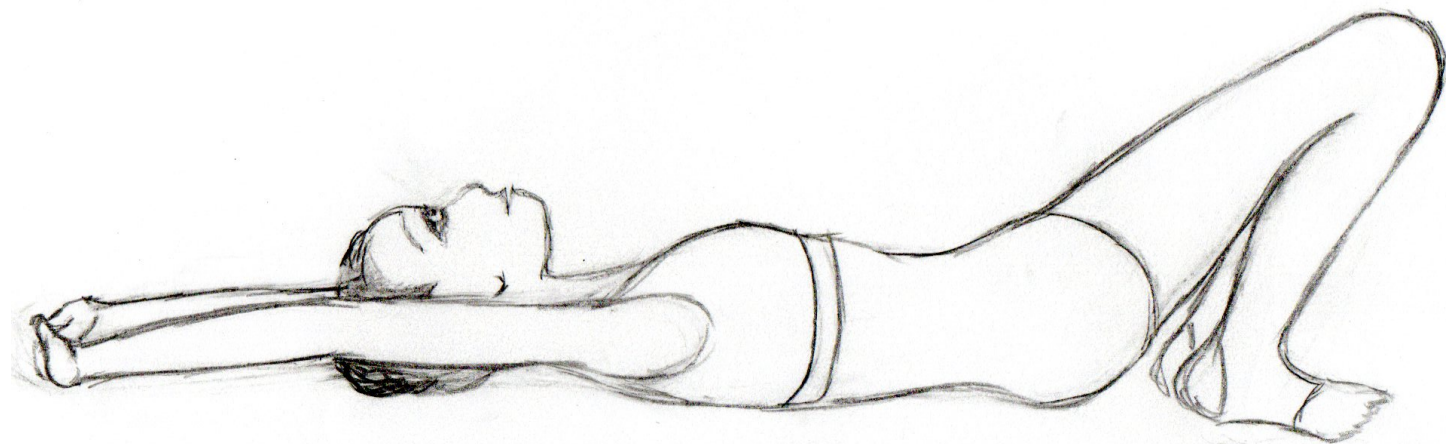


**Rock n roll**

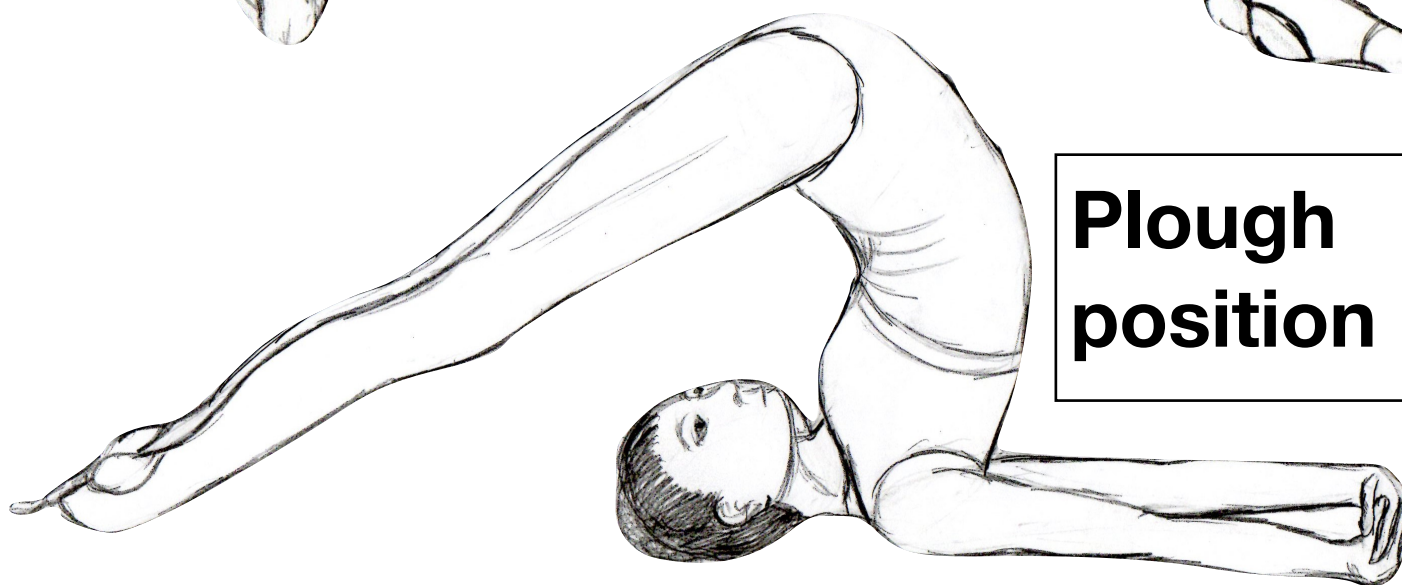
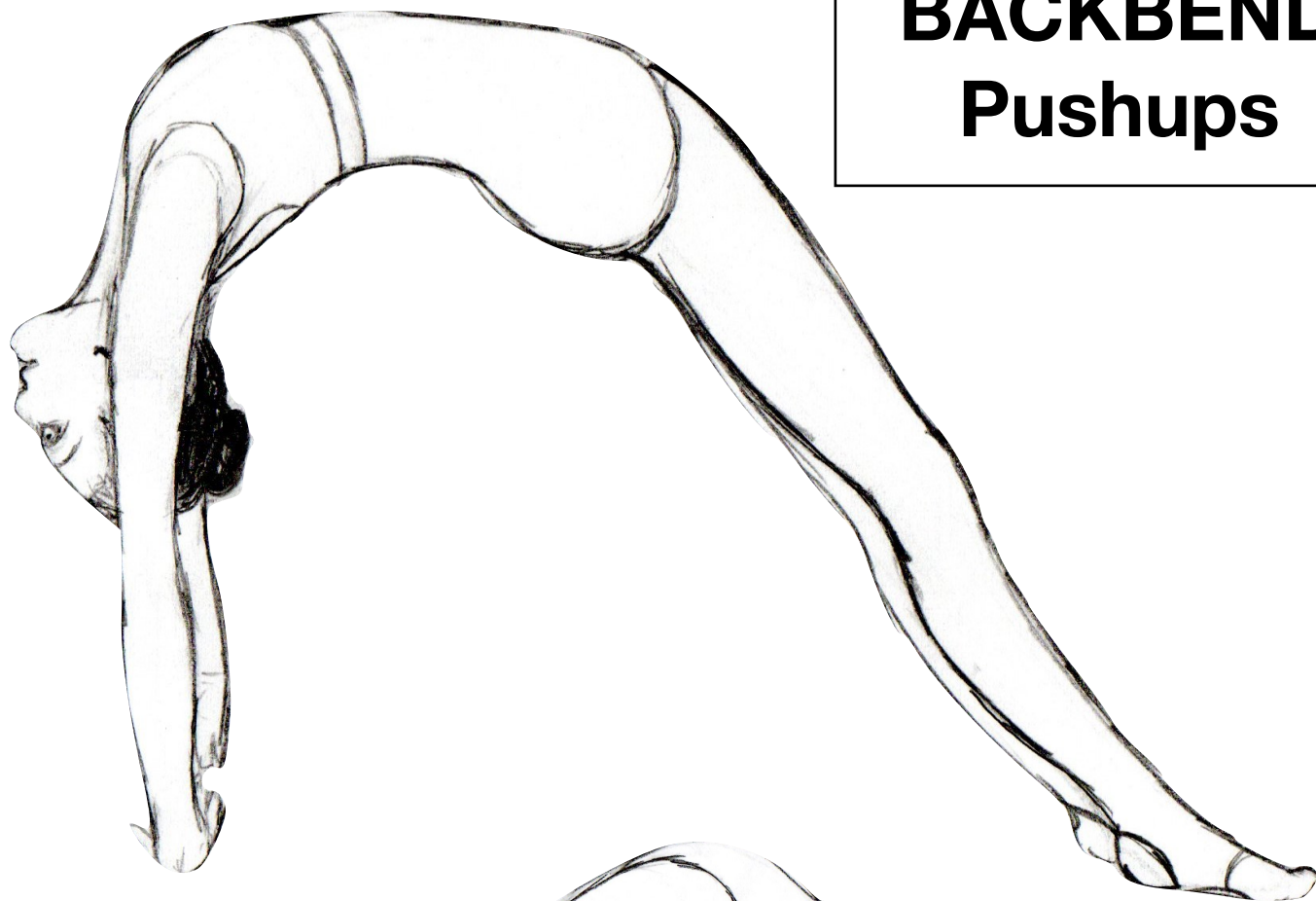


**Straddle**

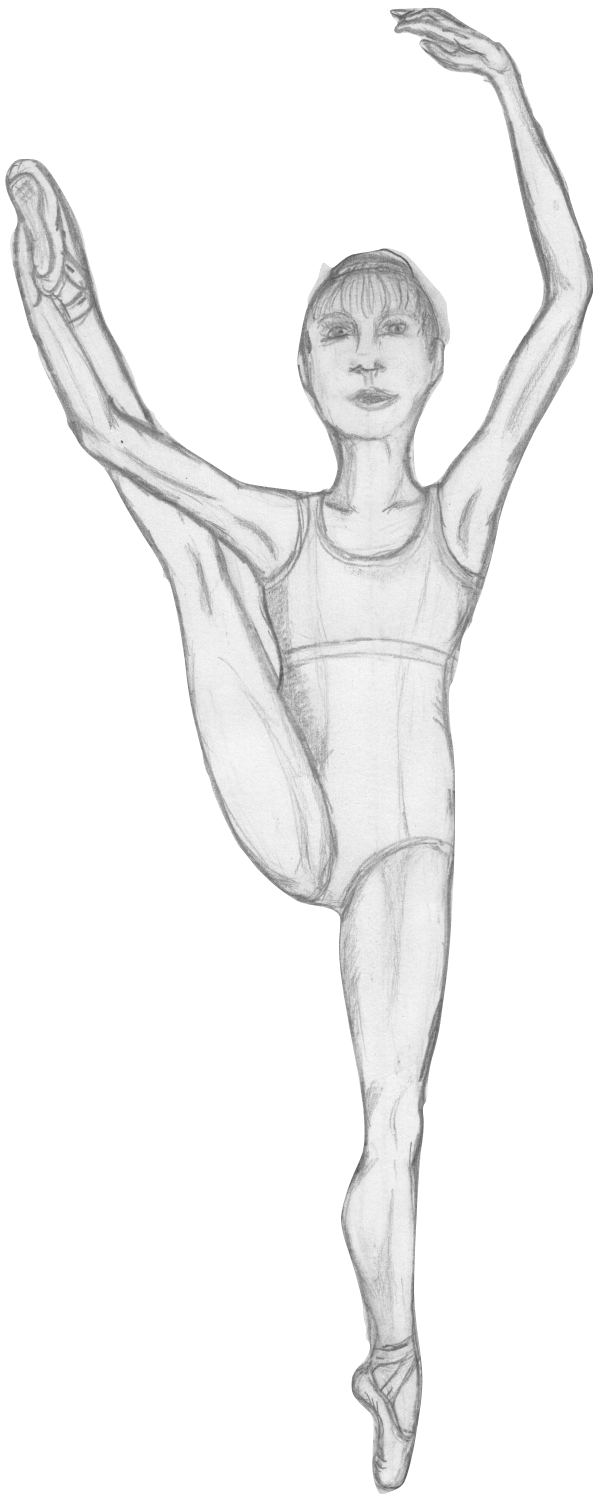




**BACKBEND  
Pushups**



**Plough  
position**

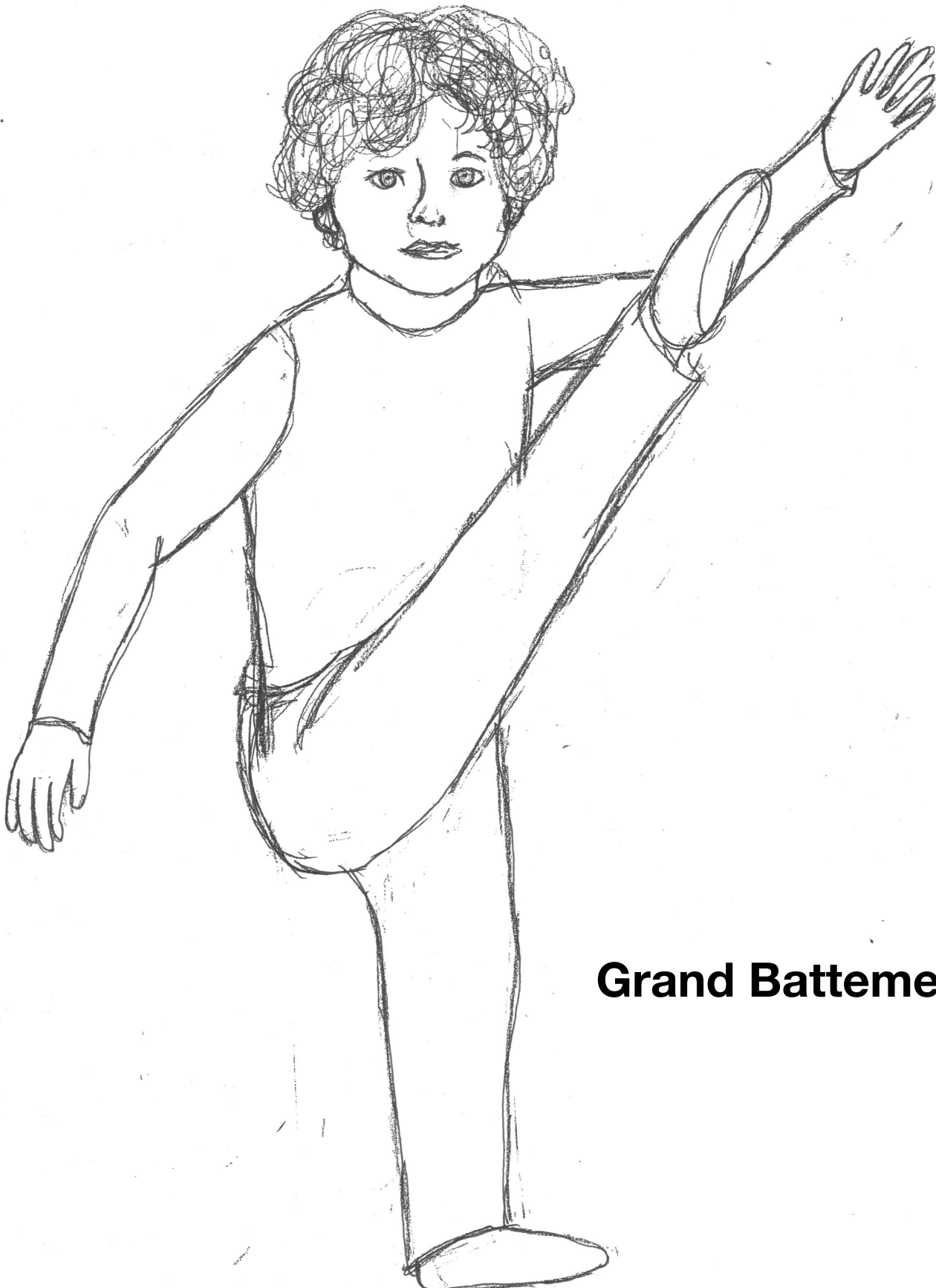


# BALANCE

With someone ready to steady you if needed, stand with feet together and eyes closed. How long before you begin to lose your balance? Can you do it at all?

Or stand on one leg behind a chair without holding on. If you cannot remain stable for 30 seconds, you need help with balance. Now try it with your eyes closed. A normal 25-year-old can do it for about 30 seconds, while a 65-year-old may last only 5 seconds. How long can you balance?





**Grand Battement**



**Sousou**



**Passé**

**Ta-Da!**

