

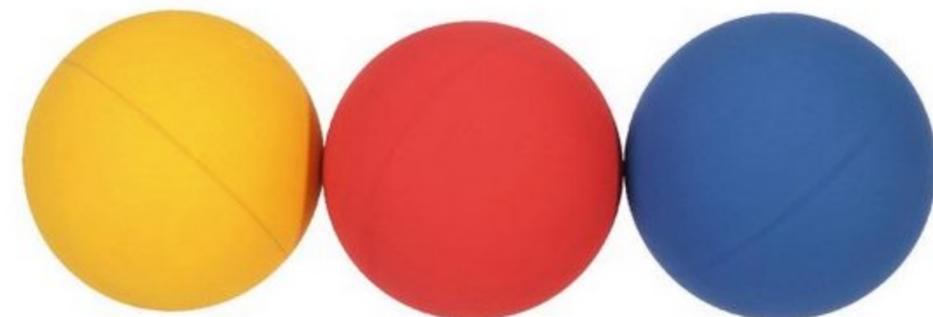
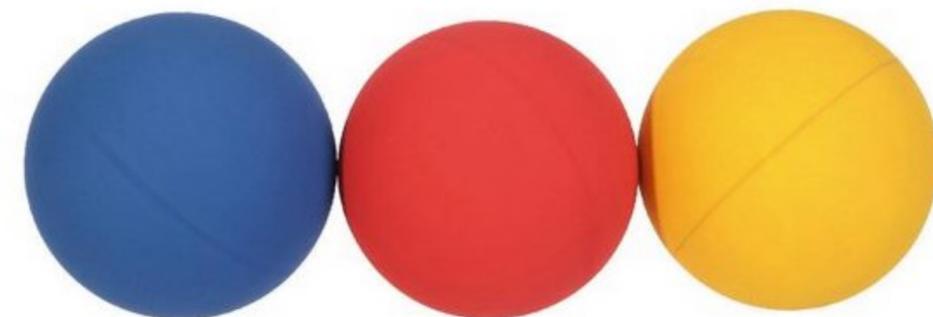
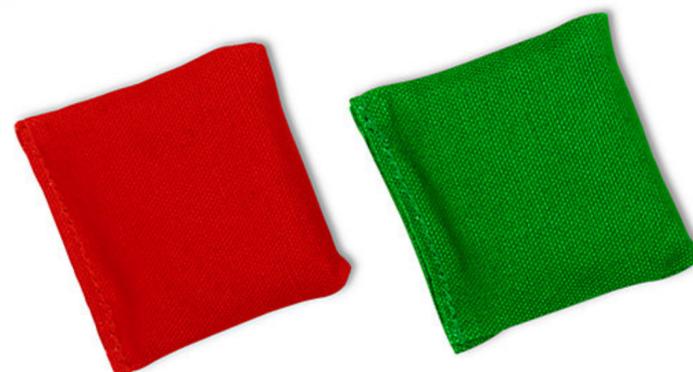
BALANCE - AUDITORY - VISION - EXERCISE

BALANCE

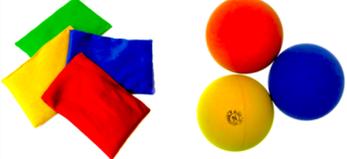
AUDITORY

VISION

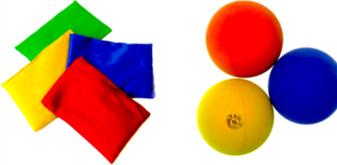
EXERCISE



BAL-A-VIS-X (LEVEL 1)

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CYCLE 1	BAG (INDIVIDUAL) 2 hand toss, 1 bag 1 hand toss bag, right 1 hand toss bag, left	BAG (INDIVIDUAL) double toss, 2 hands, 2 bags 1 hand toss, right to left 1 hand toss, left to right	BAG (INDIVIDUAL) double toss, 2 hands, 2 bags 1 hand toss, right to left 1 hand toss, left to right	BAG (INDIVIDUAL) 1 hand toss, right to left, clap over 1 hand toss, left to right, clap over	BAG (INDIVIDUAL) 1 hand toss, right to left, behind back 1 hand toss, left to right, behind back	BAG (INDIVIDUAL) 2 bag juggle, right toss 2 bag juggle, left toss	BAG (INDIVIDUAL) 2 bag juggle right, left behind back 2 bag juggle left, right behind back	BAG (PARTNER) blind toss (bag) 1 bag rectangle right
CYCLE 2	BAG (PARTNER) blind toss (bag) 1 bag rectangle left	BAG (PARTNER) 1 bag oval right 1 bag oval left	BAG (PARTNER) 1 bag diagonal, right to right 1 bag diagonal, left to left	BAG (PARTNER) 1 bag figure 8, right to right 1 bag figure 8, left to left	BAG (PARTNER) 2 bag rectangle, right 2 bag rectangle, left	BAG (PARTNER) 2 bag oval, right 2 bag oval, left	BAG (PARTNER) 2 bag diagonal, right to right 2 bag diagonal, left to left	BAG (PARTNER) partner double toss 3 bag split
CYCLE 3	BAG (PARTNER) 3 bag split 3 bag split, behind back	BAG (INDIVIDUAL) double toss, 2 hands, 2 bags 1 hand toss, right to left 1 hand toss, left to right	BAG (INDIVIDUAL) double toss, 2 hands, 2 bags 1 hand toss, right to left 1 hand toss, left to right	BAG (INDIVIDUAL) 1 hand toss, right to left, clap over 1 hand toss, left to right, clap over	BAG (INDIVIDUAL) 1 hand toss, right to left, behind back 1 hand toss, left to right, behind back	BAG (INDIVIDUAL) 2 bag juggle, right toss 2 bag juggle, left toss	BAG (INDIVIDUAL) 2 bag juggle right, left behind back 2 bag juggle left, right behind back	BAG (PARTNER) CREATE YOUR OWN TOSS

BAL-A-VIS-X (LEVEL 2)

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CYCLE 1	BALL (INDIVIDUAL) 2 hand bounce, 1 ball 1 hand bounce, 1 ball right 1 hand bounce, 1 ball left	BALL (INDIVIDUAL) double bounce, 2 hands 2 hand, double bounce (2 for 1)	BALL (INDIVIDUAL) 1 hand double bounce, right (2 for 1) 1 hand double bounce, left (2 for 1)	BALL (INDIVIDUAL) 1 ball bounce right to left, clap over 1 ball bounce left to right, clap over	BALL (INDIVIDUAL) 1 ball bounce right to left, behind back 1 ball bounce left to right, behind back	BALL (INDIVIDUAL) puppet arms bounce, 1 ball each hand 2 ball simultaneous bounce	BALL (INDIVIDUAL) 2 ball bounce right to left, clap over 2 ball bounce left to right, clap over	BALL (INDIVIDUAL) 2 ball bounce right to left, behind back 2 ball bounce left to right, behind back
CYCLE 2	BALL (INDIVIDUAL) puppet arms double bounce, 1 ball each hand (2 for 1) 2 hand, 2 ball, double bounce (2 for 1)	BALL (INDIVIDUAL) 2 hand, 2 ball crossover arms 2 hand, 2 ball, double bounce + clap (2 for 1)	BALL (PARTNER) 1 ball rectangle, right 1 ball rectangle, left	BALL (PARTNER) 1 ball oval, right 1 ball oval, left	BALL (PARTNER) 1 ball diagonal, right to right 1 ball diagonal, left to left	BALL (PARTNER) 1 ball figure 8, right to right 1 ball figure 8, left to left	BALL (PARTNER) 2 ball rectangle, right 2 ball rectangle, left	BALL (PARTNER) 2 ball oval, right 2 ball oval, left
CYCLE 3	BALL (PARTNER) 2 diagonal, right to right 2 diagonal, left to left	BALL (PARTNER) 2 ball figure 8, right first 2 ball figure 8, left first	BALL (PARTNER) 3 ball split 3 ball split, behind back	BALL (PARTNER) partner double bounce 4 ball double bounce	BALL (GROUP) round robin right round robin left	BALL (GROUP) round robin right round robin left	BALL (GROUP) round robin right, double bounce round robin left, double bounce	BALL (GROUP) round robin right, double bounce round robin left, double bounce