

**THE LITTLE WHITE GYM**  
**NOVEMBER CHALLENGE - A BALANCING ACT**

**NB: if you've not tried any of these exercises before, please read the instructions on page 2 before starting and check out The Little White Gym website ([www.thelittlewhitegym.co.uk](http://www.thelittlewhitegym.co.uk)) for videos of how to do these exercises safely with good form.**

**If you feel any pain or discomfort at any time please do not continue with that exercise.**

**Contact me at any time on [pamela@thelittlewhitegym.co.uk](mailto:pamela@thelittlewhitegym.co.uk) if you need more advice.**

**Before each move in this workout, engage your abdominal muscles by tightening them—without holding your breath—as if preparing to take a punch.**

**You'll activate the core muscles surrounding your spine and tone your entire abdominal area.**

**Engaged abs also help prevent injury when lifting.**

WEEK ONE	
Flamingo Hold	Raise your right leg until your knee is bent at 90 degrees in front of you. Hold it for a count of 5 seconds and return to the floor. Repeat with the left leg. Complete 10 reps on each leg.
Side Raise Hold	Raise your right leg out to the side. Hold it for a count of 5 seconds and return to the floor. Repeat with the left leg. Complete 10 reps on each leg.
Back Kick Hold	Raise your right leg behind you. Hold it for a count of 5 seconds and return to the floor. Repeat with the left leg. Complete 10 reps on each leg.
Tree Pose	Slide your right foot up your left shin until it is resting just under the knee and rotate your right knee out to the side. Hold it for a count of 5 seconds and return to the floor. Repeat with the left leg. Complete 5 reps on each leg.
	As the week progresses, see if you can increase the time you hold each rep to 10 seconds. If you feel confident, try each move with your eyes closed.

WEEK THREE	
Side Raise Pulse	Raise your right leg out to the side and pulse for 10 reps without putting your foot down. Repeat with the left leg. Complete 10 reps on each leg.
Back Kick Pulse	Raise your right leg behind you and pulse for 10 reps without putting your foot down. Repeat with the left leg. Complete 2 sets on each leg.
Basketball Shoot	Lift your right leg out behind you and bend forward at 45 degrees, raising both arms above your head as if shooting a hoop in basketball. Repeat with left leg. Complete 5 reps on each leg.
Warrior Balance	Standing on left leg, slowly raise right leg out behind you and both arms straight out in front, tilting over until your body is horizontal, making a T shape. Hold for 5 seconds and return to start. Complete 5 reps on each leg.
	As the week progresses, see if you can slow down the moves and stay balanced. If you feel confident, try each move with your eyes closed.

WEEK TWO	
Clock Pointer - 12 / 3 / 6	Raise your right leg until your knee is bent at 90 degrees in front of you with toes pointed. Stretch out your right hand and point to 12 o'clock, 3 o'clock and 6 o'clock before setting your foot back down. Repeat with the left leg and arm. Complete 10 reps on each side.
Clock Toe Taps - 12 / 3 / 6	Raise your right leg out in front of you and tap the floor at 12 o'clock, 3 o'clock and 6 o'clock. Return to start position and repeat with left leg. Complete 10 reps on each leg.
Tree Pose	Slide your right foot up your left shin until it is resting just under the knee and rotate your right knee out to the side. Hold it for a count of 5 seconds and return to the floor. Repeat with the left leg. Complete 5 reps on each leg.
Bird Dog	Start on all fours. Stretch your right arm out in front of you and at the same time stretch your left leg out behind you. Hold for 5 seconds and then change to left arm and right leg. Complete 5 reps on each side.
	As the week progresses, see if you can slow down the moves and stay balanced. If you feel confident, try each move with your eyes closed.

WEEK FOUR	
Tree Pose	Slide your right foot up your left shin until it is resting just under the knee and rotate your right knee out to the side. Hold it for a count of 5 seconds and return to the floor. Repeat with the left leg. Complete 10 reps on each leg.
Bird Dog	Start on all fours. Stretch your right arm out in front of you and at the same time stretch your left leg out behind you. Hold for 5 seconds and then change to left arm and right leg. Complete 10 reps on each side.
Basketball Shoot	Lift your right leg out behind you and bend forward at 45 degrees, raising both arms above your head as if shooting a hoop in basketball. Repeat with left leg. Complete 10 reps on each leg.
Warrior Balance	Standing on left leg, slowly raise right leg out behind you and both arms straight out in front, tilting over until your body is horizontal, making a T shape. Hold for 5 seconds and return to start. Complete 10 reps on each leg.
	As the week progresses, see if you can slow down the moves and stay balanced. If you feel confident, try each move with your eyes closed.