

Springtime balances to improve your core stability

Only attempt if you can already achieve the positions listed. Write down your results underneath each clock position and share your results. Let's see who can be crowned the Springtime balance King or Queen. Competition closes on Friday 17th April.



OH, LOOK IT'S SPRINGTIME!

HOW LONG CAN YOU HOLD EACH BALANCE POSE?

Headstand



Backbend



Handstand



Elbow Stand



Superman



V Sit

