

RED SUN FITNESS PROGRAM

BALANCE

<https://www.brianmac.co.uk/storktst.htm>



1. BLIND STORK

- Stand on one leg, with one foot on the inside of your knee. Hands on hips.
- Shut your eyes.
- If either foot moves, stop.
- Record time up to 60 seconds.

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	3	16	25+
8-9	5	19	30+
10-11	8	25	35+
12-13	12	28	38+
14-15	15	30	40+
16-17	20	38	50+
18-25	25	43	60+
26-35	20	37	50+
36-45	16	32	42+
46-55	13	30	40+
56-65	10	25	35+
65+	3	15	20+