

RED SUN FITNESS PROGRAM

BALANCE



2. AIRPLANE POSE

- Stand on one leg with the other leg stretched out fully behind you.
- Raised leg must be somewhat parallel to the ground (age 40+, give allowances)
- Bend forward at the hips and extend arms out fully at each side, as if flying.
- Hold this position for as long as you can as the instructor records your time.

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