

# 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	55+
36-45	18	35	52+
46-55	15	30	45+
56-65	10	25	40+
65+	3	15	25+

**STORK:**

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
15 seconds	11–49 seconds	>50 seconds

**AIRPLANE:**

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
<20	21–40	>60

Rating	Score (seconds)
Excellent	> 50
Good	40 - 50
Average	25- 39
Fair	10 - 24
Poor	< 10

	Poor	Below Average	Average	Above Average	Excellent
Male	20	20-30	31-40	41-50	50+
Female	10	10-15	16-25	25-30	30+

	Excellent	Above Average	Average	Below Average	Poor
Males	>50	41-50	31-40	20-30	<20
Females	>30	23-30	16-22	10-15	<10

{Schell & Leelarthaepin 1994}<sup>[2]</sup> are norms for male and females.

	Excellent	Above Average	Average	Below Average	Poor
Males	>50	37-50	15-36	5-14	<5
Females	>27	23-27	8-22	3-7	<3