

Step training program for better balance



Progressions	Exercise pattern complexity	Speed Beats per minute	Step length	Dual task
Week 1-3	<div>1 STEP FORWARD WITH RIGHT LEG</div> <div>2 STEP TO THE RIGHT</div> <div>3 STEP BACK WITH RIGHT LEG</div> <div>4 STEP FORWARD WITH LEFT LEG</div> <div>5 STEP TO THE LEFT</div> <div>6 STEP BACK WITH LEFT LEG</div>	60 clock yourself app or metronome	60% of the maximal step length (MSL) —— inches	Listen to command and step to appropriate numbers (memorize which direction to step)
Week 4-6	<div>7 STEP FORWARD WITH RIGHT AND SKIP MIDDLE TO THE BACK</div> <div>8 STEP FORWARD WITH LEFT AND SKIP MIDDLE TO THE BACK</div> <div>9 STEP TO THE RIGHT TOES FACING RIGHT</div> <div>10 STEP TO THE RIGHT TOES FACING LEFT</div>	70 clock yourself app or metronome	Progress up until 80% of MSL ——inches	Listen to command and step to appropriate numbers (memorize which direction to step)
Week 7-9	<div>1 STEP FORWARD WITH RIGHT LEG</div> <div>2 STEP TO THE RIGHT</div> <div>3 STEP BACK WITH RIGHT LEG</div> <div>4 STEP FORWARD WITH LEFT LEG</div> <div>5 STEP TO THE LEFT</div> <div>6 STEP BACK WITH LEFT LEG</div> <div>A SWING RIGHT ARM BACK</div> <div>B REACH BOTH ARMS OUT TO THE SIDE</div> <div>C SWING RIGHT ARM FORWARD</div> <div>D SWING LEFT ARM BACK</div> <div>E REACH BOTH ARMS OUT TO THE SIDE</div> <div>F SWING LEFT ARM FORWARD</div> <div>G SWING RIGHT ARM FORWARD</div>	80 clock yourself app or metronome	Progress up until 80% of MSL ——inches	Add arm movements when stepping