

Virtual Balance Challenge

Sept. 9th to 20th

Test your balance and compete at 2 different levels with the exercises in the back!

If you're feeling competitive, you can also add the extra exercise to see how you stack up against bp Fitness Center members.

How to Participate:

- We can set up a 10-minute virtual meeting to time your performance.
- You can record yourself completing the challenge and send the video to lauren.dufrene@bp.com.
- Complete the challenge at your convenience and log your times using this [2024 Balance Challenge](#)

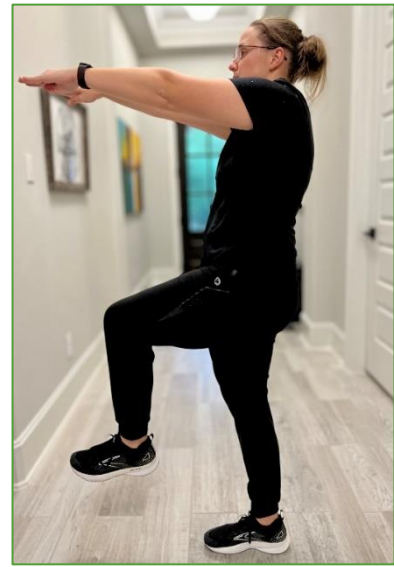
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details



Easy Level:

How long can you balance on one leg at 90° with eyes open?

Stand upright with feet hip distance apart. Focus your eyes on a focal point on the wall or floor in front of you. Lift one of the legs at 90 degrees in front of you and keep the foot flexed. Extend the arms and place them at shoulder height.



Hard Level:

How long can you balance on one leg at 90° with eyes closed?

Same stance as level one, but with eyes closed. Remember to be close to a wall or chair to prevent fall.

HOLD BOTH EXERCISES AS LONG AS YOU CAN & SEND IN TIMES!

bp Fitness Center Hard Level:

How long can you single leg lateral jump?

Jump side to side over a line on one leg, landing within designated boxes on each side. The goal is to keep moving without stalling, immediately jumping back to the other side upon landing. Time stops if you stall or touch the ground with the other leg.

