

Butt Kicks

1a.



1b.



1a. Stand with hands on wall in front of you. Bend left knee bringing heel toward buttock. Keep knee pointed down towards floor. Squeeze abs and buttocks to maintain neutral spine.

1b. Alternate right and left repeatedly for 1 minute.

Variation: begin at slow speed for 30 seconds. Increase to half of max speed for 30 seconds. Increase to 3/4 speed for 30 seconds (jogging speed). Increase to full speed for last 30 seconds.

High March

2a.



2b.



2a. Stand with hands on wall in front of you. Lift left knee to 90° flexion. Keep hips level. Do not hike hip.

2b. Alternate right and left repeatedly for 1 minute.

Variation: begin at slow speed for 30 seconds. Increase to half of max speed for 30 seconds. Increase to 3/4 speed for 30 seconds (jogging speed). Increase to full speed for last 30 seconds.