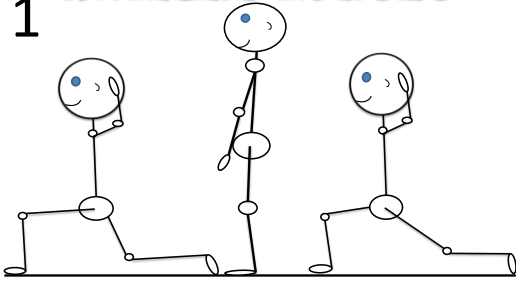


WALKING LUNGES

1

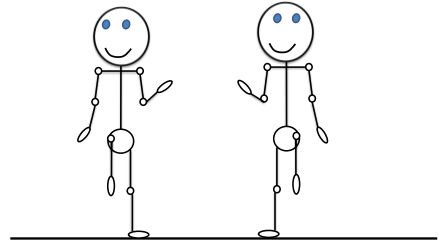


1. Step out with the left leg with knee over ankle.
2. Knee of right leg can touch the ground.
3. Switch.
4. Do not let knee go over the toe.



WALKING HIGH KNEES

2

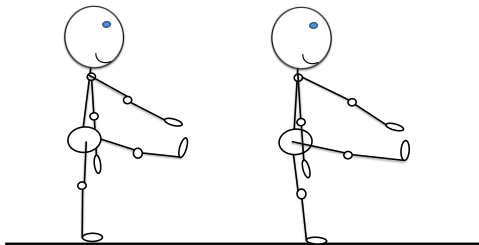


1. Exaggerate a high step.
2. Challenge: Grab your knee and put it up with each stride.



WALKING STRAIGHT LEG KICK

3

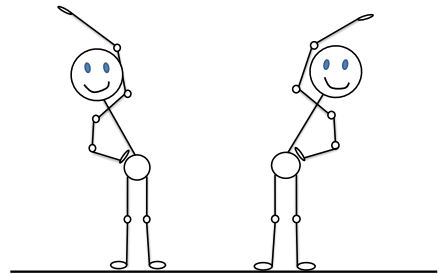


1. Kick your left leg up and touch your toes to the fingers of the right hand.
2. Switch.



SIDE BEND OVER AND BACK

4

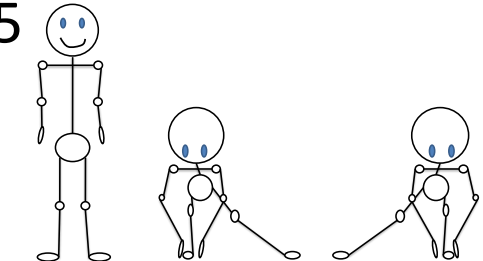


1. Bend to one side, holding the arm overhead.
2. Try to reach as far as you can.
3. Switch sides.



LATERAL LUNGES

5

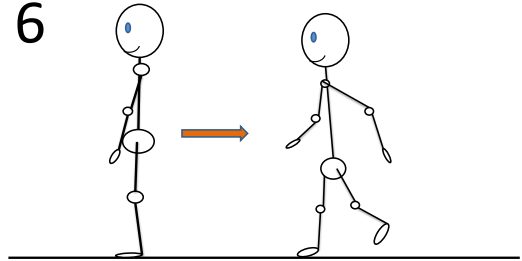


1. Slide your body over your right foot.
2. Keep your knee over your ankle. (Leg forms a 90 degree angle.)
3. The left leg should be straight. (The knee can be slightly bent.)
4. You should feel the stretch in the inner thigh.



JOGGING BACKWARDS

6



1. Keep body upright
2. Jog in a backward motion

