

C.12

Fire Hydrants

Drill Skill Module - Lower Body Conditioning

Start Position



End Position



- 1 Start by lowering down to your hands and knees. Hands should be aligned directly below your shoulders and back straight.
- 2 Keeping the knee bent, slowly lift your leg to a 90 degree angle to the side and pause at the top.
- 3 Slowly lower the bent leg back to the ground and repeat.
- 4 Repeat this motion for a number of repetitions then alternate legs.

Supplies / Aids:

Video

Equipment Needed:

- 1 Resistance Bands (Optional)
- 2 Ankle Weights (Optional)

Notes:

Tips & Tricks

Modification:

- 1 Modification: Increase the difficulty by using resistance bands around the thighs or ankle weights.

