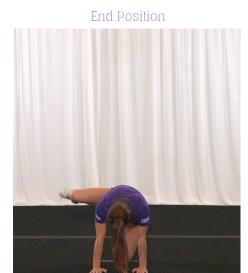
Start Position





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

Supplies / Aids:

Video

Equipment Needed:

Resistance Bands (Optional)

2 Ankle Weights (Optional)

N	_		
N	"	ш	

Tips & Tricks