

Donkey Kicks

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 back and up, keeping the knee at a 90 degree angle. At the top of your lift pause and squeeze to engage the the glutes.
- 3 Slowly lower the bent leg back to the ground and repeat.
- 4 Repeat this motion for a number of repetitions.

Supplies / Aids:

Video

Equipment Needed:

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

Notes:

Tips & Tricks

Modification:

- 1 Modification: Increase the difficulty by adding ankle weights or resistance bands.

