C.18 Donkey Kicks Drill Skill Module - Lower Body Conditioning



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 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.

Slowly lower the bent leg back to the ground and repeat.

Repeat this motion for a number of repetitions.

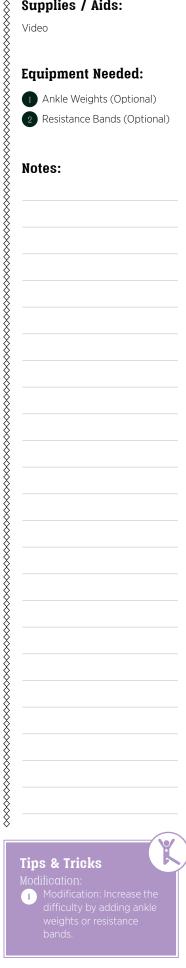
Supplies / Aids:

Video

Equipment Needed:



Notes:



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