




Name: _____

Date: _____

Exercises	 or #	resistance	
Single leg swings	2 x 20 seconds	BW	Standing on one leg just swing the other. Try and have a loose swing.
Single leg step back	2 x 10 each leg	BW	while standing on one foot reach the other one back as far you can
Side leg swings	2 x 10 each leg	BW	Same as first leg swing, but swing side to side

Open step squat to a curtzy lunge	2 x 10 each legs	BW	Step out to the side and squat. When bringing foot back in, cross legs and squat down again. As if you have to pee. :)
Full body extension squat	2 x 10	BW	Squat down and when you come up push hips forward to form a bow (from the side). Squeeze your glutes as much as you can without arching your back.

NOTE
