

KNEE TUCKS

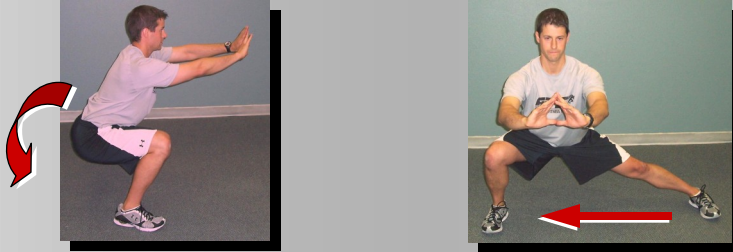
Grab 1 knee and pull to chest...lift bottom heel off floor to challenge balance. Switch sides.



DO NOT...
...FALL OR LEAN BACK!
THIS HELPS WITH
BALANCE &
COORDINATION!

SIDE LUNGE

Stand feet together, step out to side keeping feet pointing straight ahead. Drop hip over heel, keeping trailing leg locked.



DO NOT...
...ROUND BACK OR LIFT
HEELS.

T PUSH-UP

Push up then rotate to 1 side, dropping onto side of feet for balance. Bring hips & shoulders to start position at same time, then repeat to opposite side.



DO NOT...
...MOVE HIPS &
SHOULDERS SEPARATE
FROM EACH OTHER.

LEG CRADLES

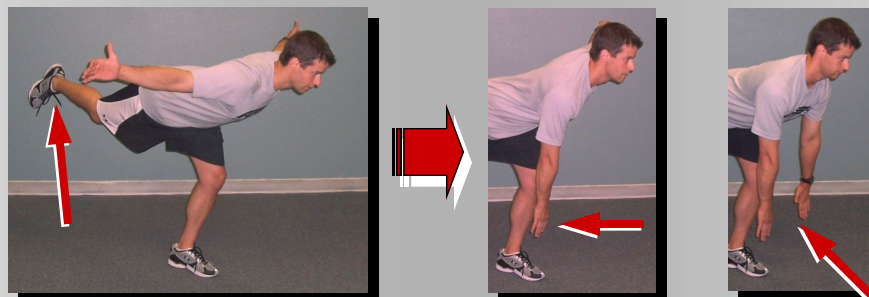
Grab under knee, over ankle, then pull both up at the same rate. You should feel a stretch in the hip socket or upper thigh. Maintain balance and good posture.



DO NOT...
...LEAN BACK OR PULL
ONLY THE KNEE OR
ANKLE.

AIRPLANES

Pivot forward onto a slightly bent knee, raising the trailing foot high while keeping leg straight. Hands out to side for balance. Reach for added stretch and challenge.



DO NOT...
...LOCK THE KNEE
BALANCING ON, ROUND
BACK, OR FALL.

QUAD STRETCH

Grab above tongue of shoe, POINT TOES DOWN! Flex the butt cheek on the same side to increase stretch in mid to upper thigh.



DO NOT...
...LEAN BACK OR KICK
KNEE TO THE SIDE.

QUAD-AIRPLANE COMBO

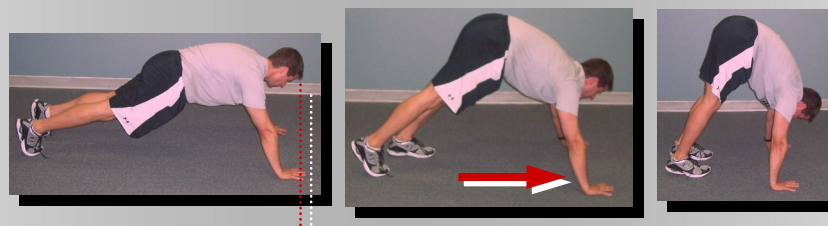
For added challenge, pivot forward while pulling the rear foot to your butt. This will facilitate a stretch in the thigh of the knee going back, and the hamstring of the leg being balanced on.



DO NOT...
...GO FAST!

INCHWORM

From push-up position, walk hands out until they are above the eyes, then pump ankles while keeping knees locked until a stretch in the hamstrings are felt.



DO NOT...
...ROCK HIPS SIDE TO
SIDE OR BEND KNEES.

LEG SWINGS

With head & tailbone supported, drop arms to sides keeping shoulders & elbows at 90° & relax. Hold for 2-5 minutes.



DO NOT...
...GO TOO FAST OR TRY
TOO GET TOO HIGH.