

LEG SWING

POSITION

1. Hands on hips.
 - squeeze butt of standing leg throughout exercise.
 - keep back upright throughout exercise.
2. Lift knee to chest as high as possible (Step 1).
3. Tap foot to ground behind you (Step 2).

NUMBER

x 10 each leg.



STEP 1



STEP 2

Make sure:

- Throughout exercise:
 - keep back upright.
 - squeeze butt of standing leg.
 - swinging leg – knee at 90 degrees.
- Start with small movement and as balance improves increase movement.

It is good for:

- Stability and balance.
- Strength – abdominal and butt muscles.
- Hip joint mobility and nutrition.
- Re-enforcing Breathing Principle.

Breathing:

- Breathe in as lift knee up. (Step 1)
- Breathe out as tap foot behind. (Step 2)