



DOWN DOG DONKEY KICKS



HOW TO DO IT:

- 1** Begin on your hands and knees. Align your wrists directly under your shoulders and your knees directly under your hips. Lift pelvis up so you are in a "down dog" position and look like an inverted "V" shape.
- 2** Bend knees and jump both feet off the ground, transferring weight onto your hands.
- 3** Start with small donkey kicks, and as you feel more comfortable try to bring your feet higher off the ground.
- 4** As soon as you land, explode off the ground to perform your next rep.

make it easier:

Only jump feet a few inches off the ground.

make it harder:

Land softly and then immediately explode up into a strong controlled donkey kick, at a fast pace. Control should come ahead of quickness in priority.