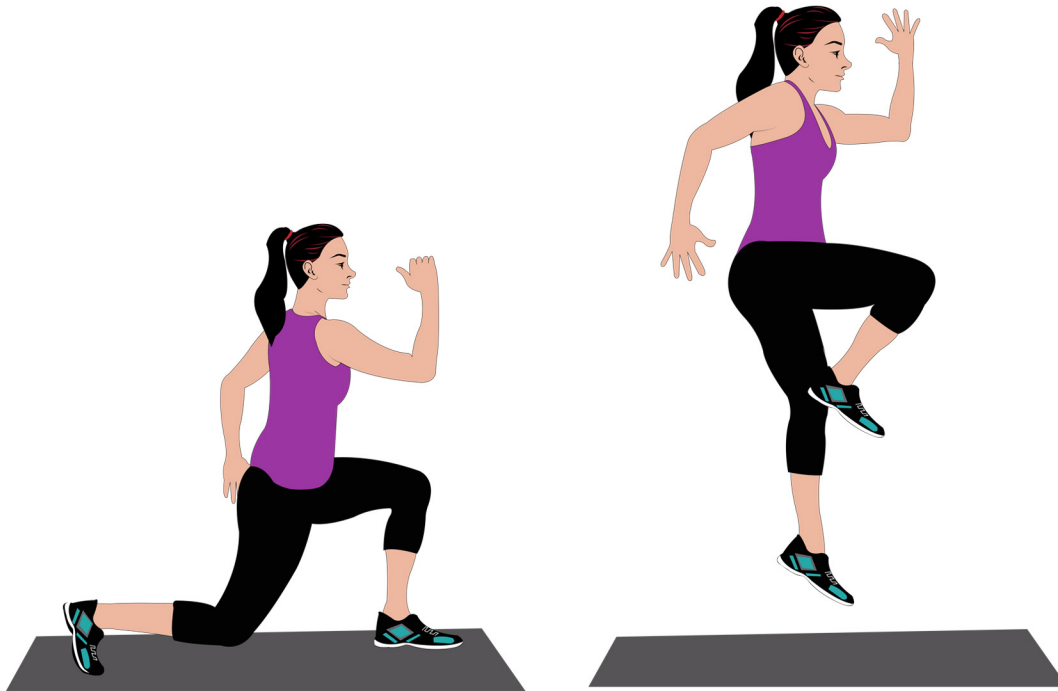




LUNGE TO HIGH SKIP



HOW TO DO IT:

- 1 Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2 With your core engaged, explode up, pushing off the bottoms of both feet. Drive your left knee up into a high skip position, return to starting position.
- 3 Complete 5 "High Skips" on left side, and then complete 5 "High Skips" on right side.
- 4 Repeat.

make it easier:

Skip the jump and bring knee up into a skip position with bottom foot still on the ground.

make it harder:

Challenge yourself to jump as high as you possibly can during each high skip.