

Notes :

1 Marching on the spot

Stand up with your feet about hip width.
March on the spot, lifting your knees high.
Keep the body straight as you do the exercise.

**2 Running butt kicks**

- Run forward and kick the heels to the butt.
- Try to move the opposite arm at the same time of the leg that goes back.
- Keep the torso upright and stand tall as you do the movement.

3 A skip

Run with with knees and slide the foot on the ground on each step.
The arms motion should be dynamic.

4 Leg warm-up

Stand on one leg.
Move the other leg as if it was running, starting in forward.
Repeat it in reverse, with the leg running backwards.

**5 Leg swings**

Put one hand on a wall to help your balance and swing your leg front to back, moving from the hips. Maintain a good upper body posture during the movement.
Swing forward but squeeze the glutes and hamstrings to bring the leg down instead of forcing the swing.
Do not arch the lower back as you bring the leg posterior.

6 Lateral leg swing

Support yourself with your hands on the wall and swing the leg laterally.
Keep your lumbar spine stable and facing forward.

7 Deep lunge rotational stretch

Adopt a deep lunge position with the rear leg stretched behind.
Put your forearm on the floor on the inside of the front foot and drop your hips toward the floor as much as possible.
Then, rotate the trunk toward your front leg by moving your free hand up toward the ceiling while looking at your hand.
Bring your hand back down on your knee and push outward to open up the hip.
Return your forearm on the floor and repeat.
Keep your nice lunge position at all times.
Do on the other side.

8 Trunk rotation on wall

Stand against a wall with one knee bent against the wall and the other on the floor. Join your two arms straight in front of you; one should touch the wall.

Move the other arm horizontally, going away from the wall. Continue the movement, allowing your trunk to rotate, until your arm touches the wall behind you.

Return to starting position and repeat.

9 Lumbar rotation stretch

Lie on your back, then bring one knee toward your face so that your hip is flexed to 90 degrees. With the opposite hand, pull it sideways toward the floor to feel a stretch in the lower back/buttock. Keep the shoulders flat on the ground during the stretch.

10 Prone scorpion

Lie on your stomach with your legs straight, feet together and arms in cross position (90 degrees to the body). Keeping your shoulders down against the floor, bring your right foot up and across your body, contracting your buttock to touch your left hand. The right hip can lift off the floor. Slightly bend your knee and point your toes. Return slowly to the starting position. Repeat with the opposite leg if indicated.

11 Trunk rot. in side bending

Stand in a split stand with your weight over your front leg (knee is slightly bend with your knee cap in line with the second toe). Lower your trunk towards the bent leg and place both hands together along the inside of the foot. Keeping the inside hand along the leg, open up the other as you rotate your trunk. Your head turns towards the hand as it goes up. Return slowly to starting position.

Notes :

**1** Marching on the spot

GEN100636

**2** Running butt kicks

ECH41372

**3** A skip

ECH106152

**4** Leg warm-up

ECH828851

**5** Leg swings

ECH41357

**6** Lateral leg swing

ECH106220

**7** Deep lunge rotational stretch

GEN287895

**8** Trunk rotation on wall

STR575916

**9** Lumbar rotation stretch

GEN41092

**10** Prone scorpion

GEN12316

**11** Trunk rot. in side bending

GEN12322