

LEG SWING

POSITION

1. Use wall to balance (progress to no support as able).
2. Lift knee to chest as high as possible (Step 1).
3. Push foot behind (Step 2).
Squeeze butt & breathe out as push foot back.

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.

Breathing:

- Breathe in as knee comes forward (Step 1), breathe out as foot pushes back (Step 2).

It is good for:

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