



Description: 1)Keep the back leg straight 2)squeeze the glute of the back leg 3)slight lean forward

Reps:	30s
Sets:	1
Tempo:	n/a



Description: 1)Drop the back leg to ~1 inch from the floor 2)squeeze the glute of the back leg 3)keep torso erect

Reps:	30s
Sets:	1
Tempo:	n/a



Description: 1)Relax knee to the ground 2)relax the rear foot 3)squeeze the glute of the back leg (tuck) and lean slightly back

Reps:	30s
Sets:	1
Tempo:	n/a

All on one leg then repeat routine on the other leg



Description: 1)Push hips forward 2)squeeze the glute of the back leg 3)keep front foot flat on the ground

Reps:	30s
Sets:	1
Duration:	n/a



Description: 1)Turn front leg 90° to the side 2)lean over turned out leg

Reps:	30s
Sets:	1
Tempo:	n/a



Description: 1)Grab rear foot and pull up towards bum 2)squeeze the glute of the back leg 3)keep torso erect

Reps:	30s
Sets:	1
Tempo:	n/a