

KILLERCOACH



Three way hip Kicks with Rubber Band:

Stand with a looped rubber band around your ankles. Put the band just above your knees if too difficult.

Stand upright with your stomach pulled in tight. Balance on one leg or hold onto something for balance.

Keeping both knees straight, kick one leg forward, then out to the side and lastly backward (without moving the upper body).

Slowly stretch the band, hold for a second or two, then return to the starting position each time.

Repeat a set of 10, 15 or 20 reps each leg.

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