

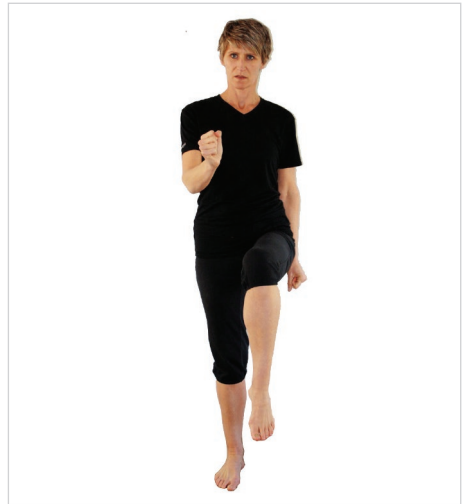
MARCHING ON THE SPOT

POSITION

1. Standing upright, feet shoulder width apart.
2. Marching action – opposite leg to arm.
3. Bring knee as high as possible – keep back upright.

NUMBER

x 10 each leg



Make sure:

- Keep back upright throughout exercise – don't lean forward.

Breathing:

- Rhythmic breathing with movement.

It is good for:

- Hip joint movement and nutrition.
- Relaxation lower back & upper torso.
- Abdominal strength.

