

# LEG SWING

## POSITION

1. Hands on hips.
  - squeeze butt of standing leg throughout exercise.
  - keep back upright throughout exercise.
2. Lift knee to chest as high as possible (Step 1).
3. Tap foot to ground behind you (Step 2).

## 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.
- Start with small movement and as balance improves increase movement.

### It is good for:

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

### Breathing:

- Breathe in as lift knee up. (Step 1)
- Breathe out as tap foot behind. (Step 2)

