

High Knees



Description: Stand in place and perform 20 seconds of high knees, lifting and alternating each leg. Repeat 3 times.

Instructions

1. Start standing with your feet together and arms by your side.
2. Lift one knee up as high as you can, then switch knees at a quick pace. There should be a slight hop when switching feet.
3. Pump arms in a running motion (opposite arm & knee) during high knees.
4. Continue for 20 seconds, and repeat 3 times.

Tips & Modifications

- Try to get your heart rate up by doing this warm up fast.
- If you are having trouble, slow the pace down.



Click here or scan the QR Code below to watch video instructions!

