

Walking Knee Pulls



Description: While walking, complete 10-15 knee pulls. Repeat 3 times.

Instructions

1. Start standing with feet together and arms by your side.
2. Plant your left foot and lift your right knee towards your chest.
3. Grab your right shin with your hands and pull toward your body.
4. Step down and out with your right foot, then repeat with the left side.
5. Continue in a forward motion until you have completed 10-15 pulls, repeat 3 times.

Tips & Modifications

- Make sure you are grabbing your shin and not your knee when pulling up towards your body.
- Be mindful of your range of motion and flexibility, do not over stretch.
- If balance is an issue, perform this exercise stationary. Use your partner or the wall for support.



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

