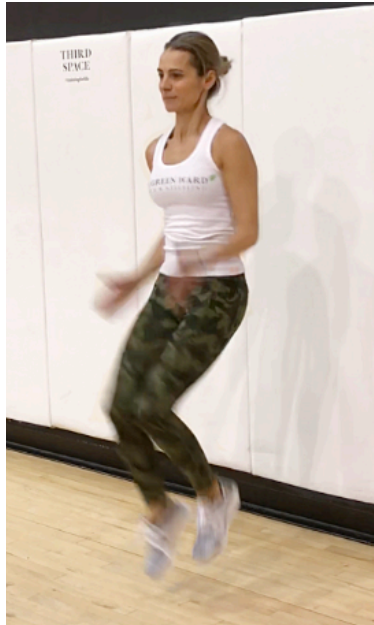


HIGH KNEES

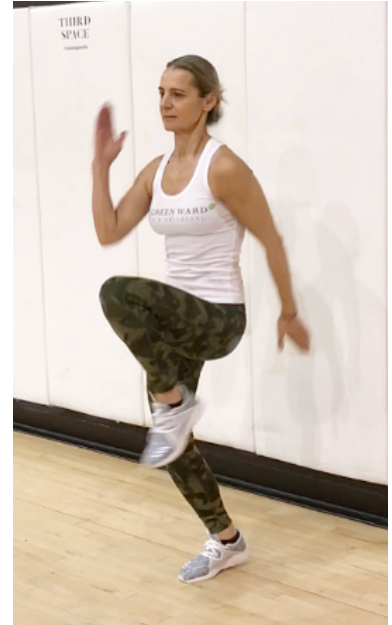
START



MIDDLE



END



- Start with feet hip distance apart
- Lift up right knee as high as it will go
- Raise the opposite arm
- Keep back straight
- Face forward
- Switch quickly so left knee is up before the right foot lands
- Using opposite arm for support and balance
- Continue pulling knees up for as long as desired
- Keep core engaged
- Back straight
- Looking forward

MUSCLES TARGETED

LEGS & CORE

- High Knees work your legs and core while giving you a great cardiovascular move that gets your heart rate up
- To get your knees higher involves engaging your core muscles therefore building core strength

NOTE

High Knees can burn up to 100 calories for every 10 minutes at a moderate to intense level. Just maintain your intensity and ensure you are breathing through your mouth; the harder you work, the more calories you burn!