

Leg work - exercise 2

Exercise Leg work

Goal Fluent basic steps forward and backwards while maintaining balance

Material

- Big mirror to see yourself and check positions
- Line on floor (carpet, tape) to align feet

Action

- Small step forward (F)
- Small step backward (B)

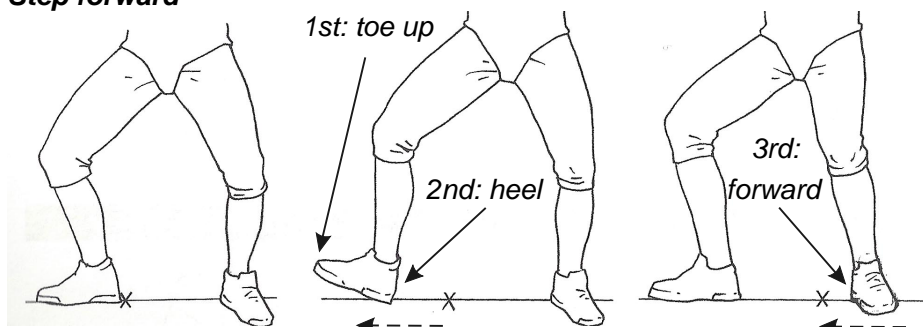
Repeat

Series 1: F-B
Series 2: F-F-B-B
Series 3: F-F-F-B-B-B
Series 4: F-F-B-F-F-B
Series 5: B-B-F-B-B-F

Check points

- 1) Always maintain same distance between both feet.
- 2) Check each step is a 2 part move.
- 3) First do exercise slow, than faster.
- 4) End series with back foot returning to starting point. Lay coin down.
- 5) For variety, combine this with the lunge (fencing excersise 3)

Step forward



Step backward

