

Est.

2007

YSJActive

5X5 A DAY HIGH KNEES



1. Standing with your feet hip width apart, maintain a good posture and look forward
2. Place your hands where is comfortable, you may want to hold them palms down at belly button height to provide a target for your knee. Holding them above your head (as pictured) will increase the intensity of this exercise
3. Maintaining a good posture, lift your knee up as high as possible, or to meet your hands if you're using them as targets
4. Engage your core muscles
5. If you wish to do this as a cardio exercise then, alternate your knees with a hopping action and stay on the balls of your feet. Select a speed that is safe for you
6. If you would like to do this slower, then perform it as a march
7. 1 repetition has been completed when you have lifted the left and right knee
8. Repeat