



Leg Swings (LS) & Lunge Matrix (LM)

LEG SWINGS (LS)

1. FORWARD-BACKWARD



2. SIDE-TO-SIDE



3. HURDLE TRAIL LEG FORWARD



4. HURDLE TRAIL LEG BACKWARD



5. BENT KNEE SIDE-TO-SIDE



6. BENT KNEE FORWARD-BACKWARD



Use your phone's camera to go to the Leg Swings video

Use your phone's camera to go to the Lunge Matrix video



LUNGE MATRIX (LM)

1. FRONT LUNGE



2. FRONT LUNGE WITH A TWIST



3. SIDE LUNGE



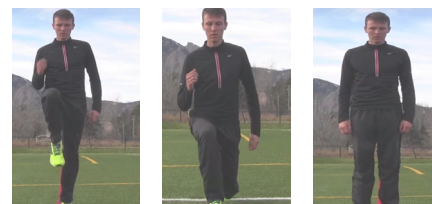
4. BACK AND TO THE SIDE LUNGE



5. BACKWARD LUNGE



6. INCORRECT FRONT LUNGE



7. INCORRECT LUNGE WITH A TWIST

