

SIDE STEP

POSITION

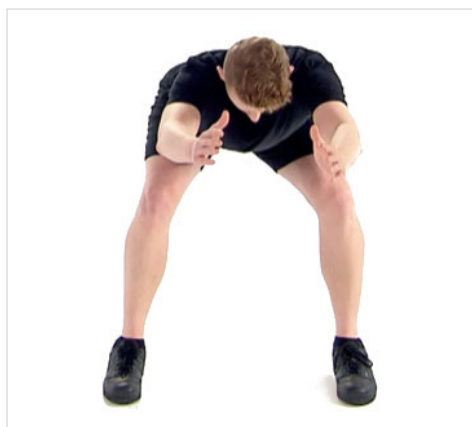
1. Raise up on toes (Step 1).
2. Step to side with:
 - Butt Back
 - Weight in heels
 - Arms out front
 - Eyes downwards
3. Repeat to other side.

NUMBER

x 5 each side.



STEP 1



STEP 2

Make sure:

- Step 2:
 - Butt is back with weight in heels.
 - Eyes looking down so neck is in straight line.

Breathing:

- Breath in as raise up on toes. (Step 1)
- Breath out as step to side. (Step 2)

It is good for:

- Balance.
- Hip joint mobility.
- Relaxation hip and lower back.
- Re-enforcing balance principle.
 - Butt back - weight in heels.
- Calf Strength