

Speed Skater



Description: From standing, begin by crossing your left leg behind your right leg as you bend it towards 90 degrees. Keep front knee behind toes and tacked over ankle. Extend your right arm out to side and bring left hand across your body to touch the floor. Hop to the other side switching to opposite position with the arms and legs. Repeat.

****Tip:** Engage the core to maintain alignment.

Sets/reps: 12-15 per side; 2-3 sets.

Modifications: Speeding up and slowing down the speed of the movement can alter the difficulty of the exercise. Ensure you have proper core control as you speed exercise up.

Common Mistakes: Not utilizing the upper body/arms, hopping too short of a distance.

Target Muscles: Glutes, Quads, Hamstrings, Abductors, Core.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

