

WALKING LUNGE TO ABDUCTION (Corkscrew) (hips, quadriceps, glutes, adductors, calves, hamstrings, core)

Technique & Form: Place both hands on the stroller. Step forward to perform a walking lunge with your right leg. As you extend both legs, abduct your left leg to the side about 45 degrees. Then adduct your left leg and place 2-3 feet in front of your right leg. Keep a neutral spine.



Mommy terms: Perform a walking lunge with right leg forward. As you stand up lift your left leg to the side, keeping your knee facing forward so you use your hip. Then place your left leg in front to perform a walking lunge and repeat the lift with your right leg. Keep your knee facing forward, not up. And remember to keep your core tight!



Pointers: Keep your knee forward (so you use your hips and not the quadriceps).

PLIÉ TO ADDUCTION (soccer sweep) (hips, quadriceps, glutes, adductors, calves, hamstrings, core)

Technique & Form: Place both hands on stroller. Perform a plié. As you extend adduct your right leg across the midline of your body, foot flexed and knee slightly bent. Release right leg and flex into the plié. Repeat on the same side. Keep a neutral spine. Perform 1 set and switch sides.



Mommy terms: Face the stroller for balance. Do a plié and shift your weight to your left leg. Leading with the heel, pull your right leg across your body. Keep your knee slightly bent. Then release and go back into a plié. Pull your belly button in. Do 20 and switch.



Pointers: Lead the sweep with your heel so you engage your inner thigh.