

Challenge 5:

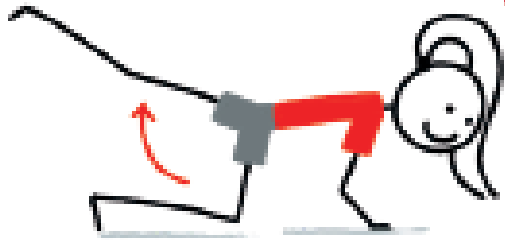
Can you perform 20 high kickbacks?

Description

- Start on your hands and knees with a flat back.
- Slowly lift one leg up as high as you can and then slowly return it back to the start position.
- Repeat with the other leg until you have completed 20 kickbacks in total.

Finding it easy? Try this...

- Once you have rested, repeat the challenge.
- Try it from a lying down position in which you should just try raising your leg off the floor.



LOWER
BACK
MUSCLES

Parents Signature:

