Starting position is the quadruped stand

- Pull your belly button in toward your spine and keep your abdominal muscles tense
- Raise your left leg until your thigh is straight back in line with your torso
- Your lower leg is bent, the angle between upper and lower leg is a little more than 90 degrees, the sole of your foot points to the ceiling
- Now kick with the sole of your left foot upwards towards the ceiling
- Then return your leg to the starting position and repeat the exercise with your other leg
- Make sure your hands are shoulder width below your shoulder and your knees are hip width below your hip
- Keep your head and neck in extension of your spine

**Muscle group:** glutes, entire torso and thigh muscle