Thursday

All exercises from week 1 and 2 Thursday

Heel Beats

- Lie on your belly (you can put your hands on top of each other under your forehead)
- Stretch out your legs, your feet are together
- Lift your legs so that your thighs are no longer touching the floor
- Now open your feet until they are about shoulder-width and then close them again
- Make sure that your legs are always in the air

Muscle groups: Adductors, glutes