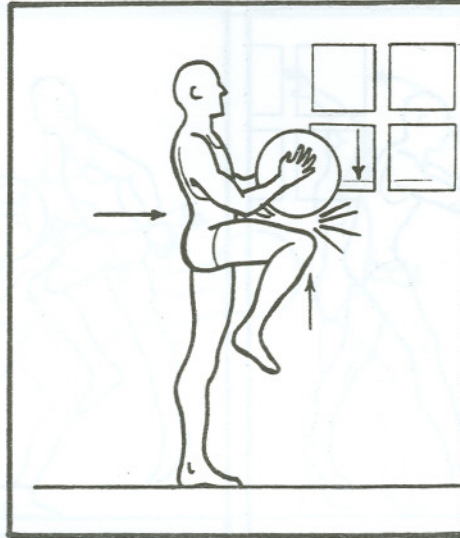


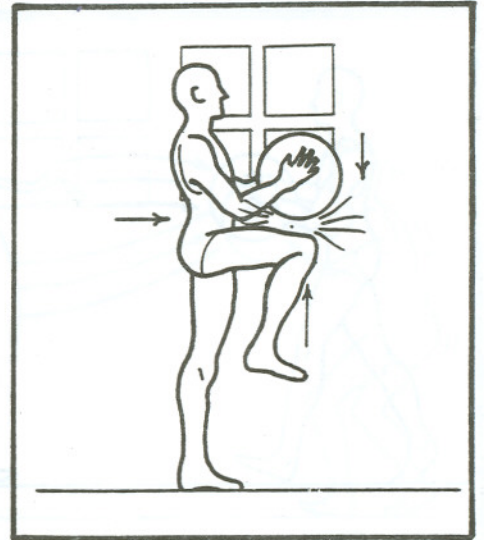
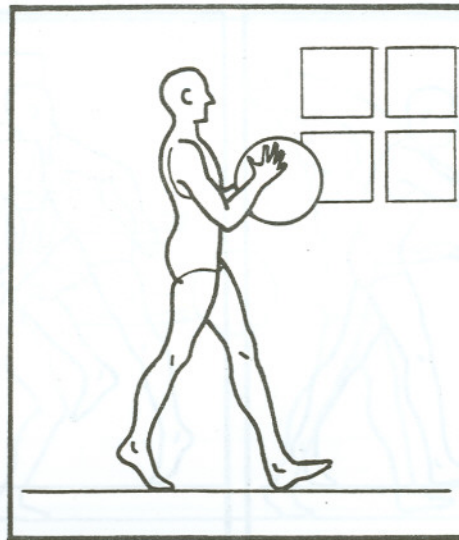
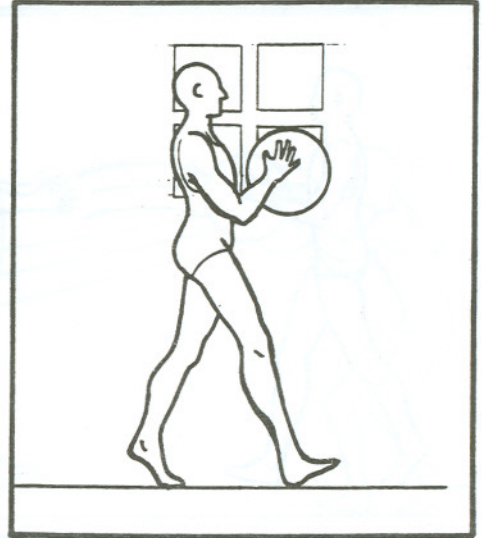
High Knee Lift



Start locomotion from a stand still...



...then walk or jog forward striking...
...the ball with mid-thigh each step...



Alternate knee strikes each step... Keep hands slightly above and in front...
...of the ball to maintain control...

Do: Review "Cornerstone Exercises" on page 7. Contact the ball with the mid-thigh going into the "A" position. Feel the spinal extension, and finish in the "A" position. Contact the ground with your heels each step. Stay tall throughout the drill. Relax your shoulders and arms.

Don't: Stoop over and/or watch the ball.