

# Diagonal Kicks



- Stand on one leg and holding the opposite leg straight at the knee, move it 45° forward and to the side.
- Return to the starting position, then move your leg at a 45° forward and across your body.
- Repeat this 'V' pattern of movement at a speed and distance that you feel challenged.
- Maintain your balance through the motion.
- Perform 20 times or until fatigue, whichever comes first.