

Scissor Kicks

- Position yourself facedown on a bed or the floor with 1-2 pillows underneath your hips and pelvis.
- Sequence your movement as follows:
 - **Tighten** your abs, then **lock** your knee by tightening your quads, and finally **lift** your straightened leg no more than 2”.
- Lower your leg in the same straightened position.
- Alternate and repeat with the opposite leg.
- Continue doing one leg and then the other 20 times practicing the proper sequence: **tighten, lock, and lift**.

