

Est.

2007

YSJActive

# 5X5 A DAY

## STANDING KICK BACKS

### AKA BUM KICKS



1. Stand with a good posture, head looking forward and a neutral spine, feet shoulder width apart
2. Raising your foot behind you, bend your knee and try to touch, or touch your bum with your heel
3. Try to keep your knee in line with your body
4. Bring your leg back down to the start position
5. Do the same with the other foot, trying to or reaching your bum with your heel whilst your knee is in line with your body
6. Perform the kick backs as fast as is safe and comfortable
7. Your arms can stay by your sides or you can bring them up as shown in the picture
8. One kick back has been achieved when both legs have completed the exercise
9. Repeat