



SIDE SQUAT STEPS

Walk to the next cone marker by taking side squat steps. Stay balanced, push your glutes back, keep your knees over your toes.



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FRONT LUNGE STEPS

Walk to the next cone marker by taking front lunge steps. Long stride in balanced alignment, back knee down, front knee directly above your foot.



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HIGH SKIP STEPS

Skip to the next cone marker by using giant skips, pushing as high as you can go. Step-hop, swing arms, and drive up as high as you can.



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Zombie Kick Walks

Zombie walk to the next cone. Swing step, bringing leg and foot up to touch toe with same side hand. Alternate swing steps.



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