

## HOW TO PERFORM HIGH KNEES

Performing high knees gets your blood pumping while activating your core and strengthening your legs.

Learning how to do high knees will fire up the entire leg, strengthen hip flexors, improve coordination and flexibility in the lower body and increase momentum in your stride.

It's also a fab cardiovascular exercise, so great for building endurance.



- Drive your right knee toward your chest and quickly place it back on the ground.
- Followed immediately by driving your left knee toward your chest.
- Continue to alternate knees as quickly as you can for recommended time or repetitions