

AEROBIC 1:

Leg Swings

Leg Swings will limber your hips and legs, as well as provide a light aerobic workout.

Technique:

1. Stand to the left of a chair. Rest your right hand on the back of the chair for support.
2. Slowly swing your left leg forward, with your knee slightly bent.
3. Swing your left leg back, and then forward again, in each case as far as comfortable.
4. Continue swinging your left leg, gradually increasing the pace—for up to 1 minute.

Then switch sides—rest your left hand on the chair and swing your right leg.

