

HIGH MARCH, ROTATE

- Set up group on one side of basketball court or similar.
- Arms raised to shoulder height, hands reaching straight out in front.
- Walking, keep legs straight and raise legs as high as possible to the front.
- Attempt to touch fingers to toes of opposite leg using a slight rotation of torso.
- Bring toes up toward the fingers, not vice versa.
- Move as tall as possible and keep head still.

Benefits

- Challenges balance and proprioception.

Beginners Advice

- Slow the movement down and control each step.
- If you can't reach your toes yet that's okay.
- Don't compromise upper body posture by over stepping.

Challenge

- Eyes closed.
- Move backwards.

Adjustments / What to look for

- Don't allow legs to cross the midline of the body.
- Maintain torso in upright position, long spine and don't collapse at hips.
- Minimise weight transference and shift towards balancing leg.
- Pair up and have one partner watch and comment on the other.