

Notes / Coaching Points

Description

Start with one foot perpendicular to your other foot (creating a T with your toes and mid heel). From this position, create a large arc with your leg like a roundhouse kick until you have come all the way around to create another 'T' behind that same foot. Repeat the same motion to rotate all the way around to your starting position. The object is to get your knee as high as possible with rotating your leg either to the back or front. This exercise works on your hip flexibility by creating internal and external rotation.