

**Donkey Kick**

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- Get on your hands and knees on the floor with your wrists under your shoulders and your knees under your hips
- Keep your eyes toward the floor, allowing your spine to be in a natural position
- Shift your weight off of one knee and slowly extend your foot behind you, trying to put your foot toward the ceiling without bending your knee
- As you extend your leg, slightly turn your toes away from your body until the point at which your leg is fully extended and your foot is parallel to the ground
- Return to the start position, rotating your foot so your toes are toward the floor
- Repeat the desired number of repetitions, then repeat on the other leg
  
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions on each side

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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