Head, Shoulders, Knees and Toes WORKOUT

Repeat each movement 3 times before moving onto the next, THEN repeat the entire set!

Equipment you’ll need: None, just plenty of space.

* Standing in the square position, feet slightly apart, facing forward and in line with your shoulders and hips. Place both hands on top of your **head**, bend your knees slightly and vertical jump into a streamline position. Pay close attention to keeping your bodyline vertical and your head facing forward.
* Standing in the square position, feet slightly apart, facing forward and in line with your shoulders and hips. Place both arms extended out horizontally even with your **shoulders** and with your palms facing behind you. Bend your knees slightly and vertical jump into a streamline position. Pay close attention to keeping your bodyline vertical and your head facing forward.
* Standing in the square position, feet slightly apart, facing forward and in line with your shoulders and hips. Place both hands on top of your **knees**, bend your knees slightly and vertical jump into a streamline position. DO NOT PRESS DOWN IN ORDER to JUMP. Pay close attention to keeping your bodyline vertical and your head facing forward.
* Standing in the square position, feet slightly apart, facing forward and in line with your shoulders and hips. Relax your arms at your side. Bend your knees slightly so your hands hand near your **toes** and vertical jump into a streamline position. Pay close attention to keeping your bodyline vertical and your head facing forward.
* Standing in the staggered square position, right or left foot forward, second foot behind but still only as wide apart as your shoulders. Remain facing forward and stay balanced with your torso and hips in line. Place both hands on top of your **head**, and lunge your body forward shifting the weight to your forward leg. Very important to keep the top half of your body vertical while the lower half moves. Remember feet and head need to always be facing the direction you want to go.
* Standing in the staggered square position, right or left foot forward, second foot behind but still only as wide apart as your shoulders. Remain facing forward and stay balanced with your torso and hips in line. Place both arms extended out horizontally even with your **shoulders** and with your palms facing behind you. Lunge your body forward shifting the weight to your forward leg. Very important to keep the top half of your body vertical while the lower half moves. Remember feet and head need to always be facing the direction you want to go.
* Standing in the staggered square position, right or left foot forward, second foot behind but still only as wide apart as your shoulders. Remain facing forward and stay balanced with your torso and hips in line. Place both hands on top of your forward **knee**, and lunge your body forward shifting the weight to your forward leg. Very important to keep the top half of your body vertical while the lower half moves. Remember feet and head need to always be facing the direction you want to go.
* Standing in the staggered square position, right or left foot forward, second foot behind but still only as wide apart as your shoulders. Remain facing forward and stay balanced with your torso and hips in line. Relax your arms at your side. Bend your knees slightly so your hands hand near your **toes** and lunge your body forward shifting the weight to your forward leg. Very important to keep the top half of your body vertical while the lower half moves. Remember feet and head need to always be facing the direction you want to go.