

## **LWC DISTANCE BANDS**

- Ankle flicks x 8 per leg
- Ankle flex (like pushing on the gas pedal) x 8 per leg
- Clams x 8 per leg
- Reverse clams x 8 per leg
- Straight out x 8 per leg
- Out at 45 degree angles forward and backward x 8 per leg
- Crab Walks (forward and back) x 8 steps forward
- Monster walks (sideways squats) x 8 steps sideways