

Movin & Grooving with Erin



DONKEY KICKS



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Greater Akron



Beginner Donkey Kicks



Start on your hands and knees. Make sure your back is flat. Take your right leg and move it up and out 90-degrees. Bring your right leg back and then take your left leg and move it up and out 90-degrees. Repeat this movement 5 times (10 total but 5 on each leg).



Start on hands
& knees



Raise right leg up & out



Put right leg down
& pause



Raise left leg up
& out & repeat
movement



Intermediate Donkey Kicks



Start on your hands and knees. Make sure your back is flat. Take your right leg and move it up and out 90-degrees. Bring your right leg back and then take your left leg and move it up and out 90-degrees. Then take your right leg and extend it back. Then bring it back and take your left leg and extend it back. Repeat this movement 3 times.

Start on hands & knees

Raise right leg up & out then put it back

Raise left leg up & out then put it back

Extend right leg back then put it back

Extend left leg back then put it back & repeat movement



Advanced Donkey Kicks



Same exact movement as the intermediate level, just add a resistance band.
Repeat movement 3 times.



Start on hands & knees
with resistance band around
legs just above knees



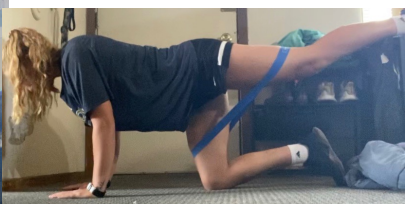
Raise right leg up &
out then put it back



Raise left leg up &
out then put it back



Extend right leg back
then put it back



Extend left leg back
then put it back &
repeat movement