

Land Training Session One Flutter Kick on Back

Flutter kick on Back :

Step One (1):

- Mid-to-low back should lie evenly over the top of the ball.
- Hands on the floor for stabilization.
- Both legs extended and straight with toes pointed.
- Head in neutral; face should be looking up; chin toward the sky.
- Both legs should move up and down in a quick short motion.



Step Two (2):

- Mid-to-low back should lie evenly over the top of the ball.
- Both legs extended and straight with toes pointed.
- One (1) arm extended above head.
- One (1) hand on floor for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Both legs should move up and down in a quick short motion.

Step Three (3):

- Mid-to-low back should lie evenly over the top of the ball.
- Both legs extended and straight with toes pointed.
- Both arms extended above head (streamlined-“superman”; hands on top of each other).
- Head in neutral; face should be looking up; chin toward the sky.
- Both legs should move up and down in a quick short motion.