KNEE LIFTS FOR SPRINT TECHNIQUE

FROM GRACE VIXAMA - CITYPARKS TRACK & FIELD, HEAD COACH

SETUP
- All you need for this exercise is a wall or sturdy piece of furniture

STEP #1
- Lean up against the wall or piece of furniture
- Make sure your arms are straight and elbows are not bent
- From there, bring one knee up in front of you at a time, followed by the other knee
- Try to stay as strong and sturdy as you can
- Repeat 10 times

STEP #2
- To make this more challenging -- have someone call out a number. (i.e. 6)
- Then bring your knees up until you reach that number
- Repeat with different numbers five times

**KEY TAKEAWAY** - Knee lift is an essential part of being able to run faster. Practice this technique to help improve your speed.

Be sure to check out other tip sheets, videos and fun activities posted at cityparksfoundation.org

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