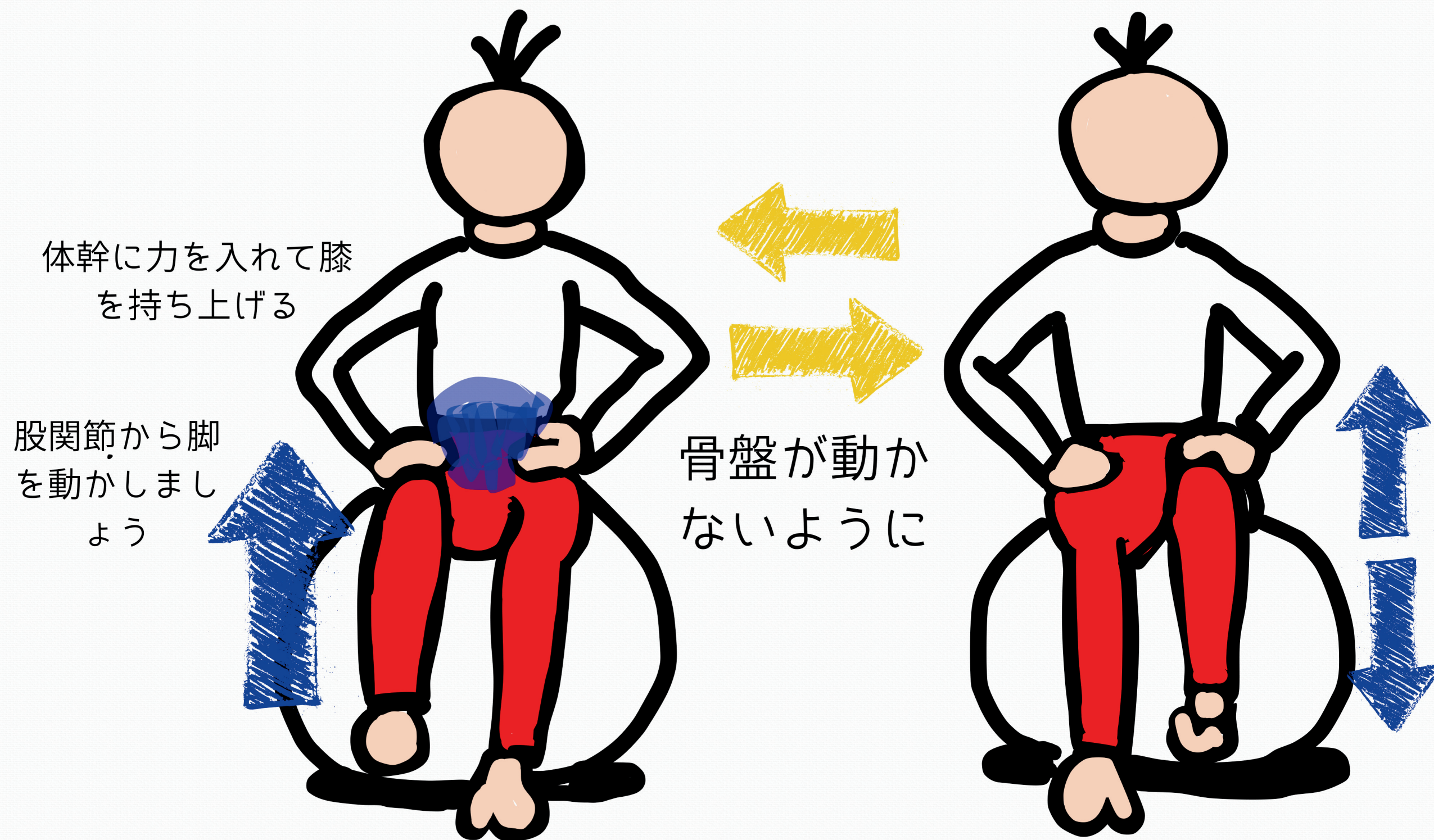


# ニーアップ

1. バランスをとりながら
2. 体幹に力を入れて膝を上げる





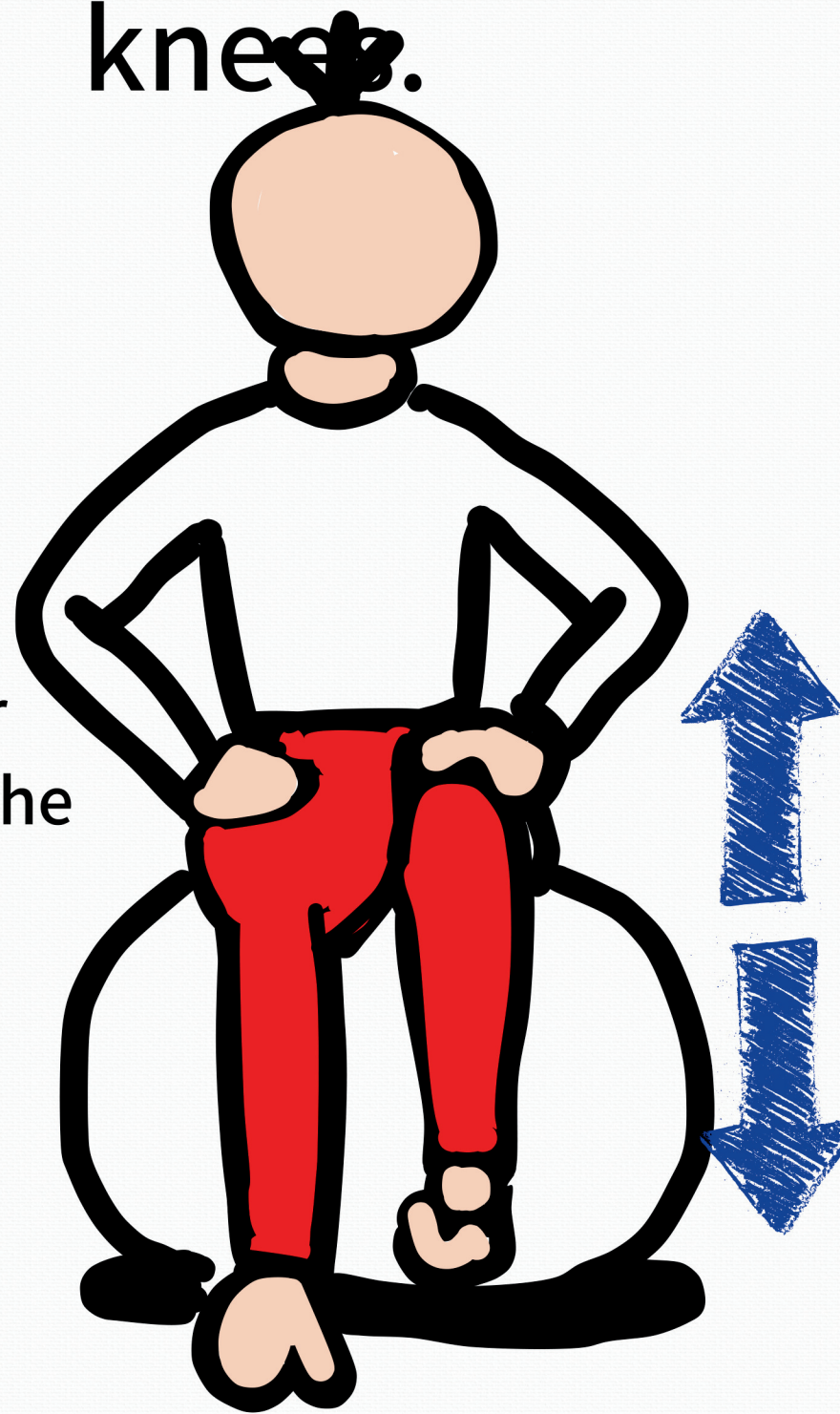
# Knee up

While maintaining balance, engage your core and raise your knees.

Bracing your core, raise your knees.



Move your legs from the hips.



Stabilize your pelvis