

HIGH KNEES

Burn a huge number of calories with this particular exercise in a short space of time. Essentially, the movement involves running on the spot with your arms moving up and down beside you - imitating the running movement.

MUSCLES DO HIGH KNEES WORK:

When you perform high knees exercise, it works not only your abdominal muscles, it also works your hip flexors too. When you perform the exercise regularly, this enables you to build significant strength and endurance within these particular muscle groups.

BENEFITS OF HIGH KNEES:

When you perform high knees, you can get great cardiovascular benefits too. It can help you to burn fat at a faster rate as when you perform more cardio workouts, this in turn increases your metabolism. So, if you really don't feel up to running for hours on end, or you simply have little time to spare, high knees are a great option