**Forward Leg Swings**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand straight with your feet hip-width apart.
* Hold onto a wall or a sturdy surface for balance.

1. Swinging the Leg:

* Keeping one leg stationary, slowly swing the opposite leg forward and backward in a single, smooth movement.
* Make sure to keep the movement controlled and use your muscles to initiate the swing.

1. Switch Sides:

* After completing the swings for one leg, switch sides and repeat the exercise until the set is complete.

1. Maintain Form:

* Keep your torso stationary and your core tight throughout the movement.
* Ensure that the swinging leg reaches its full range of motion while maintaining a slow and controlled pace.

1. Breathing:

* Breathe slowly and steadily as you swing your leg.

**Tips for Forward Leg Swing:**

* Focus on keeping your hips stable and minimizing movement in your torso.
* Start with a smaller range of motion if needed, and gradually increase as you become more comfortable.
* Engage your leg muscles to enhance stability and control during the swing.