**March on the spot**

**Equipment**: None

**Instructions**:

1. Starting Position:

* Stand tall with your feet hip-width apart, arms relaxed at your sides.

1. Marching in Place:

* Begin marching on the spot by lifting your knees alternately, ensuring that each knee is lifted to a comfortable height.
* Pump your arms up and down in rhythm with your steps, keeping your elbows bent at about 90 degrees and your fists soft.

1. Marching Forward:

* Once you're comfortable marching in place, start marching forward. Take deliberate steps, lifting your knees and pumping your arms as you move.

1. Marching Backward:

* After marching forward for a few steps, transition to marching backward. Ensure you maintain balance and control as you lift your knees and pump your arms.

1. Maintain Rhythm:

* Keep a steady rhythm throughout the exercise, focusing on your posture. Engage your core and keep your back straight.

**Tips for March on the Spot:**

* Keep your head up and look forward, maintaining a straight line from your head to your feet.
* Breathe steadily as you march, inhaling through your nose and exhaling through your mouth.
* Start with a comfortable pace and gradually increase the intensity as you become more comfortable with the movement.