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INSTRUCTIONS

ADDUCTOR AND CORE HOP

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/adductor-and-core-hop/>

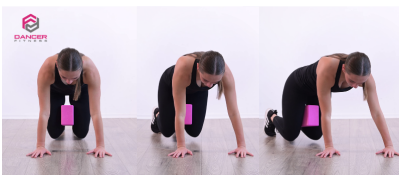
Ankles

Core

Hip Flexors

Quadriceps

Upper Body



STEPS:

- Place a yoga block between your upper thighs.
- Begin in a tabletop position with your hands directly under your shoulders and knees under your hips.
- Squeeze the yoga block and press into the ground with your palms, lifting your knees off the ground by 2 inches.
- Without moving your hands, hop your feet towards the right, once, then twice.
- Reverse your hops twice, returning to the starting position.
- Repeat on the left side.

Repeat 10 times in total.

[] Remove the yoga block.

[] Simply hold the hover and remove the jump