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INSTRUCTIONS

AIRPLANE SKIP

CATEGORIES: Balance, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/airplane-skip/>

Ankles

Glutes

Hamstrings

Jumps and Leaps

Knee Strength and Length

Lower Body

Turns



STEPS:

- Begin in a standing position with your feet together.
- Take a step back with your right foot, moving into a lunge position.
- Shift your weight forward, extending your back leg behind you and forming a capital "T" shape with your body.
- Return your foot to the lunge position.
- Press into your left foot, raising your right knee to waist height, jumping into the air.
- Return to the lunge position.

Repeat 10 times, then switch to the opposite side.