



# INSTRUCTIONS

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## ONE LEG SKIP

**CATEGORIES:** Endurance, Power, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/one-leg-skip>

Ankles

Full Body

Glutes

Hamstrings

Jumps and Leaps

Leaps

Lower Body



### STEPS:

- Starting in a reverse lunge, drive your rear knee towards the ceiling and explode off your front foot. Make sure you point the foot at the top. Roll through the feet on the way down.

- Use your arms to aid with momentum.

Repeat 8-12 on each side.