



INSTRUCTIONS

HOVER FIRE HYDRANT

CATEGORIES: Balance, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/hover-fire-hydrant>

Abs

Core

Full Body

Glutes

Hip Flexors

Lower Body



STEPS:

- With a band around your ankles, start with your hands below your shoulders and knees below your hips. Push your hands in to the floor until your knees are 2 inches above the ground.
- Slowly lift one leg out to the side while keeping your hips faced toward the ground.

Repeat 12-20 times and repeat on the opposite side.

[-] Remove the band