



INSTRUCTIONS

BANDED BEAR WALK WARM UP

CATEGORIES: Endurance, Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/banded-bear-walk-warm-up>

Abs

Arms

Chest

Core

Full Body

Hip Flexors

Lower Body

Quadriceps



STEPS:

- Starting on your hands and knees, slowly lift your knees 1-2 inches off the ground.
- Moving your opposite arm and foot, slowly walk forward 4 steps, and backwards 4 steps.

Repeat for 6 rounds.

[+] Add a band around your wrist and / or knees