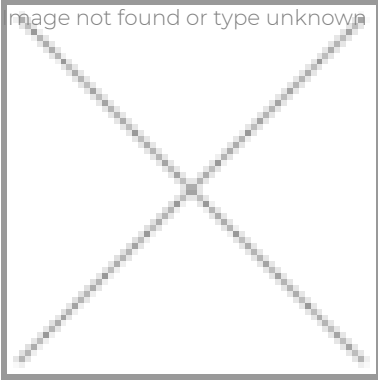


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INSTRUCTIONS

BANDED MONSTER WALKS

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/banded-monster-walks/>



Steps::

- Place a fitness band around the ankles or toes
- Start with legs about hip width apart
- Keeping knees bent, and the band always tight, walk to the right.
- After about 12 steps, repeat toward the left.
- Do not let the band get saggy in the middle.

Repetitions and Modifications:

Repeat for 60 seconds.

[+] Add 5 jumps between sides.