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INSTRUCTIONS

OUTER HIP LIFTS

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/outer-hip-lifts/>

Extension

Glutes

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Turn Out



Steps::

- Place a fitness band around the ankles
- Start with legs about hip width apart
- Keeping knees bent, lift the right and left legs about a foot away from your center.
- Do not let the band get saggy in the middle.

Repeat for 60 seconds