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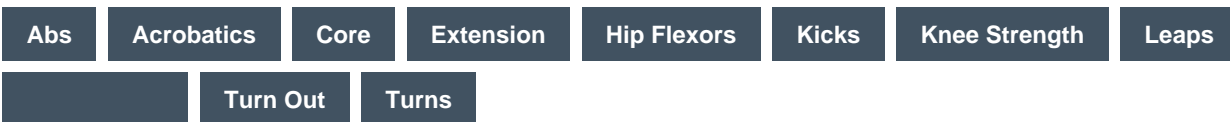
INSTRUCTIONS

CORE LEG PULSE

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/core-leg-pulse/>



Steps::

- Begin laying on your back with hands gently pressing rib cage down and knees tucked in toward chest.
- Leaving rib cage down and low back glued to the floor, extend one leg out about 3 inches from the floor
- Flex the extended leg
- Pulse the leg up and down 5 times
- Switch legs

Repetitions:

Repeat 4 times on each leg