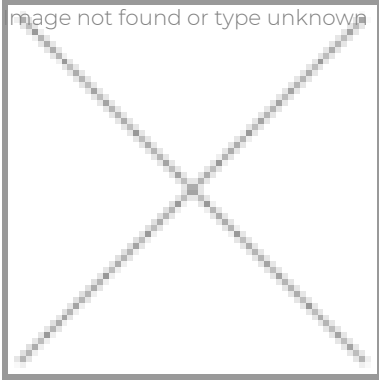


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INSTRUCTIONS

ONE LEG SKIP

CATEGORIES: Endurance, Power, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/one-leg-skip/>

Ankles

Full Body

Glutes

Hamstrings

Jumps and Leaps

Knee Strength

Leaps

Quadriceps

Turn Out



STEPS:

- Starting in a reverse lunge, drive your rear knee towards the ceiling and explode off your front foot. Make sure you point the foot at the top. Roll through the feet on the way down.
- Use your arms to aid with momentum.

Repeat 8-12 on each side.