

gdfgdg



# INSTRUCTIONS

---

## HOVER FIRE HYDRANT

**CATEGORIES:** Balance, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/hover-fire-hydrant/>

Abs

Core

Full Body

Glutes

Hip Flexors

Lower Body



### STEPS:

- With a band around your ankles, start with your hands below your shoulders and knees below your hips. Push your hands in to the floor until your knees are 2 inches above the ground.
- Slowly lift one leg out to the side while keeping your hips faced toward the ground.

Repeat 12-20 times and repeat on the opposite side.

[ - ] Remove the band