

gdfgdg



INSTRUCTIONS

GLUTE CIRCLES

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/glute-circles/>

Glutes

Hip Flexors

Lower Body

Turn Out



STEPS:

- Start with your hands directly below your shoulders and knees below your hips.
- Pull one knee directly to your elbow, out to the side and behind until your back is at start.

Repeat 10 times on each side.