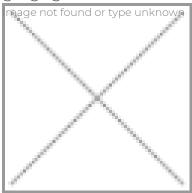
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INSTRUCTIONS

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.
- \cdot Pull one knee directly to your elbow, out to the side and behind until your back at start.

Repeat 10 times on each side.