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INSTRUCTIONS

FAST FEET

CATEGORIES: Endurance, Warm Up

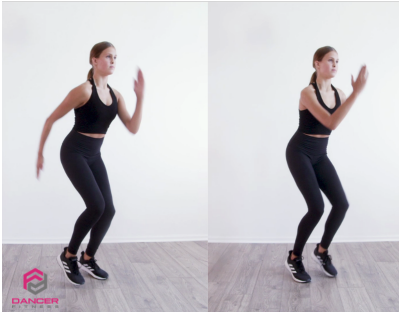
LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/fast-feet/>

Ankles

Full Body

Lower Body



STEPS:

- Starting in a forced arch, take tiny steps on the balls of your feet.
- Alternate controlled running arms every 2-4 steps.

Repeat for 20-30 seconds or two 8 counts.