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INSTRUCTIONS

SUMO WALK

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/sumo-walk/>

Glutes

Hamstrings

Hip Flexors

Lower Body

Quadriceps



STEPS:

· Starting in 2nd position plie, take 4 steps forward and 4 steps backwards.

Repeat 10 reps.

[+] Add a band around ankles

