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# INSTRUCTIONS

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## DUCK WALK

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

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

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Quadriceps



### STEPS:

- Start in a low squat.
- Take 2 steps forward on each foot, followed by 2 steps reverse.
- Repeat 10 times or use as a warm up across the floor.

[+] Add a band around knees or ankles