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INSTRUCTIONS

LEG LOWER AND PULSE

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/leg-lower-and-pulse/>

Abs

Core

Extension



STEPS:

· Start on your back, propped up on your elbows and feet extended together from your hips.



· Slowly lower your legs a couple of inches above the floor and pulse 4 times only moving them 1-2 inches.

Lift your legs back up to start and repeat 10 times.

