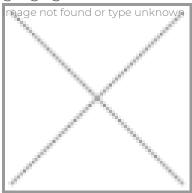
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INSTRUCTIONS

WALKING AIRPLANE WARM UP

CATEGORIES: Balance, Warm Up

LEVEL: Beginner

URL: https://dancer-fitness.com/exercise/walking-airplane-warm-up/

Ankles

Glutes

Hamstrings

Hip Flexors

Quadriceps



STEPS:

- · Start standing with feet together.
- · Step one foot forward, bending both knees 90 degrees.
- \cdot Push into your front foot, and lift your rear leg until it is parallel with the floor.
- · Gently bend your standing knee 2 times before bringing your feet back together. Alternate sides.

Repeat 12 rounds total or go across the floor. 3 times.

[-] Remove the bend in the standing knee.