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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.
 - 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.