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INSTRUCTIONS

SUPER GLUTE LIFT

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/super-glute-lift/>

Back

Glutes

Jumps and Leaps



STEPS:

- Start lying on your stomach, hands braced near your shoulders into the floor.
- Feet, hip width apart, lift from your glutes as high off the ground as you can.
- Bring the heels toward each other (do not need to touch) and open back to the starting position

Repeat 10 reps total, 2 rounds.

[+] Add a band around your ankles for an added challenge.