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# INSTRUCTIONS

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## SCISSOR SLICE ABS

**CATEGORIES:** Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/scissor-slice-abs/>

Abs

Core

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Turns



### STEPS:

- Seated on the ground, set your hands 6 inches behind your low back for support and drop to your elbows.
- Lift your knees towards your chest, bent at 90 degrees.
- Extend your legs out from your hips, shoulder width apart.
- Alternate crossing one leg over the other, and return to shoulder width distance.

Repeat 10 reps total, 2 times.