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INSTRUCTIONS

BANDED DONKEY KICK

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/banded-donkey-kick/>

Glutes

Hamstrings

Jumps and Leaps

Leaps



STEPS:

- Start on your hands and knees.
- Lift one leg behind, with your knee at a 90 degree angle, until your thigh is inline with your hip.
- Return your knee to the ground and repeat.

Repeat 10-12 reps, 3 times, then switch

[+] Add a band around the top of your knees for added resistance