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INSTRUCTIONS

BANDED DONKEY KICK CRUNCH

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

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

Core

Glutes

Hamstrings

Hip Flexors



STEPS:

- Start on your hands and knees.
- Lift one arm straight in front of you in line with your shoulder, and lift the opposite leg behind you, knee bent at 90 degrees, until your thigh is inline with your hip.
- Pull the knee in toward the chest and round the low back. Hold for a beat.
- Return to leg extended position and repeat.

Repeat for 10-12 each side, 3 times.

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