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INSTRUCTIONS

BANDED DEADLIFT

CATEGORIES: Strength

LEVEL: Intermediate

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

Back

Glutes

Hamstrings

Jumps and Leaps

Lower Body

Turns



STEPS:

- Standing with your feet together, step one foot behind 8-10 inches and lift your heel.
- With a band under the arch of your stationary leg, grip the opposite side with both hands, hinging at your hips.
- Bracing your core, hinging at the hips, straighten the top half of your body until straight up.
- Gently use the resistance to hinge forward and repeat.

Repeat 12 reps, 3 times on each side.