

gdfgdg



INSTRUCTIONS

BANDED BRIDGE STEP OUT

CATEGORIES: Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/banded-bridge-step-out/>

Extension

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Lying on your back with knees bent, lift your hips off the floor.
- Extend one leg out to the side and back to start.

Repeat on the opposite side.

Repeat 12 reps, 3 times.

[+] Add a band above your knees.