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# INSTRUCTIONS

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## ANKLE AND GLUTE WARM UP

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

Ankles

Glutes

Jumps and Leaps

Kicks

Leaps

Lower Body

Turn Out



### STEPS:

- Start standing, with your feet under your hips.
- Push your butt back like your sitting in a chair, and bend your knees into a squat.
- Return to stand and lift your heels to relevé.  
Place your heels back on the ground.
- Push your butt back like your sitting in a chair, and bend your knees into a squat.
- Return to stand and push your feet off the ground, exploding through the balls of your feet.

(This is one repetition)

Repeat 12 - 20 times

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

[-] Remove the band

[-] Remove the jump