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INSTRUCTIONS

BANDED JUMPING JACK

CATEGORIES: Endurance, Strength, Uncategorized, Warm Up

LEVEL: Intermediate

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

Ankles

Glutes

Hip Flexors

Jumps and Leaps

Lower Body



STEPS:

- Place a band around your ankles, standing with your feet under your hips.
- Jump both of your feet out to the side, and return to the center.
- Each time you jump, lift your hands over your head, and return to the side.

Repeat 20 - 30 times.

[] Remove the band