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INSTRUCTIONS

GLUTE WARM UP

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

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

Glutes

Hip Flexors

Jumps and Leaps

Leaps



STEPS:

- Starting with your feet under your hips, push your hips back and bend your knees until you're in a squat.
- Slowly pulse your knees outwards, away from each other ($\frac{1}{2}$ inch - 1 inch)
- Return to your starting squat.
- Repeat these pulses 5 times.

Return to standing.

Repeat 8-10 times.

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