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INSTRUCTIONS

JUMPING JACK STEP OUT

CATEGORIES: Endurance, Power, Strength, Warm Up

LEVEL: Intermediate

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

Ankles

Glutes

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

Turn Out



STEPS:

- Starting with your feet under your hips, push your hips back and bend your knees until you're in a squat.
- Tendu one leg out to the side of your body.
- Return to the starting squat, and alternate legs 4 times.
- Return to the starting squat, and jump both of your feet outwards while lifting your arms above your head.
- Jump your feet back to below your hips, and return your hands to your side.
- Perform 4 jumping jacks.

Repeat this combo 8 times.

[+] Add a band around your ankles

[-] Remove the band