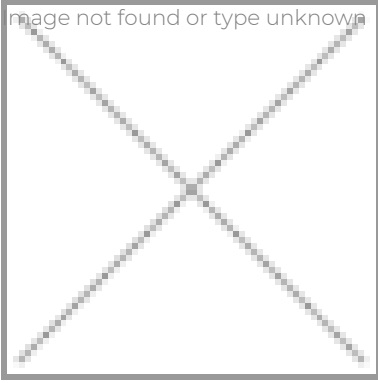


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# INSTRUCTIONS

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## LATERAL SKIP

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/lateral-skip/>

Ankles

Glutes

Jumps and Leaps

Kicks

Lower Body



### STEPS:

- Start in a standing position with your feet hip distance apart.
- Step one foot behind you, bending your front and back knee at 90 degrees.
- Push through your front foot, exploding off the floor, while drawing your back knee towards your chest.
- Return your foot behind you with both knees bent at 90 degrees.
- Step your rear foot out to the side, wide second position.
- Push your hips back, and bend your knee 90 degrees, keeping the other leg straight.
- Push off your bent leg, bringing it up towards your chest, and explode off the floor.
- Return your foot behind you and repeat.

Repeat 10 times before switching sides.

[ - ] Remove the jump