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# INSTRUCTIONS

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## MONSTER HIP STRENGTH

**CATEGORIES:** Power, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/monster-hip-strength/>

Glutes

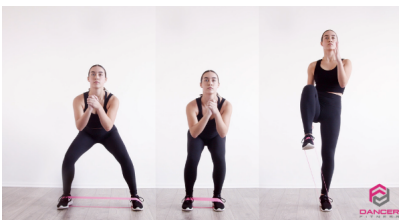
Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Lower Body



### STEPS:

- Start with your feet hip distance apart. Band wrapped around your feet
- Sit your hips back, and slightly bend your knees until you're in a squat.
- Step one leg 3-4 inches out to the side.
- Return to start.
- Lift your thigh up towards the ceiling, creating a 90 degree bend in the knee.
- Return to start.

Repeat 8-10 times before switching sides.