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INSTRUCTIONS

WIDE TO NARROW DOUBLE HOP

CATEGORIES: Endurance, Power, Strength

LEVEL: Advanced

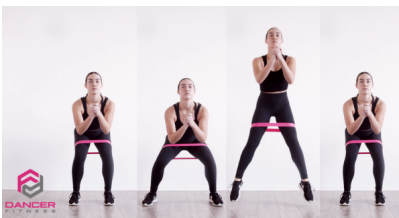
URL: <https://dancer-fitness.com/exercise/wide-to-narrow-double-hop/>

Glutes

Jumps and Leaps

Lower Body

Quadriceps



STEPS:

- Start standing with your feet hip distance apart.
- Sit your hips back, bending at the knees until you're in a squat.
- Jump your feet out into a wide squat.
- Lift your hips up 2-3 inches, and lower 2-3 inches, pulsing two times.
- Jump your feet back to a regular squat.
- Lift your hips up 2-3 inches, and lower 2-3 inches, pulsing two times.

Repeat 10 times.

[+] Add a band around your ankles