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# INSTRUCTIONS

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## STANDING HIP MARCH

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/standing-hip-march/>

Extension

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

Turn Out



### STEPS:

- Place a band around both arches of your feet.
- Start standing with your feet parallel together.
- Turn out your right foot into a coupé, and then draw your knee towards the ceiling.
- Slowly pulse your right knee towards the ceiling 4 times.
- Return your feet to parallel and draw your knee straight up towards your belly button.
- Slowly pulse your right knee towards the ceiling 4 times.
- Return your feet to parallel.

Repeat 3 times before switching sides.