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INSTRUCTIONS

LATERAL BEAR WALK

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lateral-bear-walk/>

Abs

Core

Full Body

Hip Flexors

Lower Body

Quadriceps

Shoulders

Turns



STEPS:

- Start in a table top position with your knees bent and palms directly under your shoulders.
- Press into your palms until your knees are 2 inches off the ground.
- Lift your right hand and foot.
- Move simultaneously 2-3 inches to the right.
- Follow with the left side.
- Repeat 2 times in the same direction and switch to the left side.

Repeat 20 times.

[+] Add a band around your wrists or ankles