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# INSTRUCTIONS

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## HOVER GLUTE KICK BACK

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/hover-glute-kick-back/>

Core

Glutes

Hamstrings

Jumps and Leaps

Lower Body



### STEPS:

- Place a band above your knees.
- 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 leg straight back, keeping the 90 degree bend in the knee.
- Pulse your leg back 3 times, then hold for 3 seconds.
- Return your foot back to the ground and repeat on the opposite side.

Repeat 10 - 20 times on each side.