

gdfgdg



INSTRUCTIONS

DYNAMIC WARM UP SERIES

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

Extension

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Place a band a couple inches above your knees.
- 20 Clam shells each leg
- 30 second plank
- 20 Glute kick backs each leg

Repeat one more time.