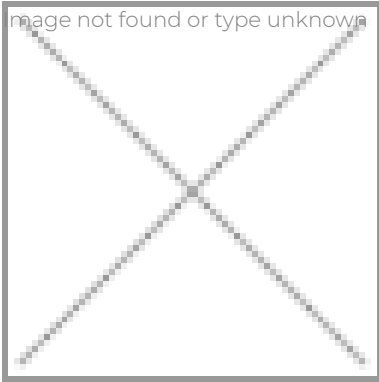


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# INSTRUCTIONS

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## COMBO – SINGLE LEG

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/combo-single-leg/>

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor **Featured Exercises:** [Walking Airplane Warm Up](#), [Shiva Squat](#)

Ankles

Glutes

Hamstrings

Hip Flexors

Lower Body



### Exercise #1|Exercise #2:

Start in a high lunge and do 8-10 Airplane Lunges. Lower your palms to the ground and do 8-10 Shiva Squats. Switch sides.

Repeat this circuit 2 times.