

gdfgdg



# INSTRUCTIONS

---

## COMBO – BANDED LOWER BODY

**CATEGORIES:** Endurance, Power, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/combo-banded-lower-body/>

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: [Duck Walk](#), [Toe Taps](#), [Squat Jump](#)

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

---

### Exercise #1:

20 toe taps.



### Exercise #2:

Duck Walks across the floor.



### Exercise #3:

10 Squat Jumps.

Repeat a second time across the floor and / or on the other leg.

