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## **INSTRUCTIONS**

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### **COMBO – BALANCE AND ANKLES**

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/combo-squat-lunge-2/>

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: [Lunge Knee Drive](#), [Knee Drive](#), [Bowler Squat](#)

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Turns

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### **Exercise 1:**

10 Lunge Knee Drives.



### **Exercise 2:**

10 Knee Drives.



### **Exercise 3:**

10 Bowler Squats.

Repeat this circuit on the opposite side.