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# INSTRUCTIONS

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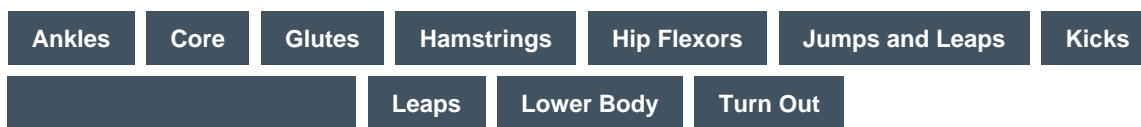
## MONSTER WALK HIP DRILL

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

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/monster-walk-hip-drill/>

Featured Exercises: [Banded Monster Walks](#), [Standing Hip March](#)



### Exercise #1:

16 Monster Walks to the right.



### Exercise #2:

12 Banded Hip March.

Repeat on the left.  
Do 3 times each side