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INSTRUCTIONS

LOWER BODY WARM UP

CATEGORIES: Endurance, Power, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lower-body-warm-up/>

Featured Exercises: [Squat Jump](#), [Butterfly Squat](#)

Ankles

Glutes

Hamstrings

Hip Flexors

Lower Body



STEPS:

- Squat to Relevé 12 times
- Hold squat in forced arch 30 seconds.
- Squat and pulse knees 20 times
- Jump Squat 12 times
- Hold squat in forced arch 30 seconds.
- Squat and pulse knees 20 times
- Rest.