



INSTRUCTIONS

BANDED MONSTER WALKS

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/banded-monster-walks>

Extension

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



Steps::

- Place a fitness band around the ankles or toes
- Start with legs about hip width apart
- Keeping knees bent, and the band always tight, walk to the right.
- After about 12 steps, repeat toward the left.
- Do not let the band get saggy in the middle.

Repetitions and Modifications:

Repeat for 60 seconds.

[+] Add 5 jumps between sides.