



INSTRUCTIONS

OUTER HIP LIFTS

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/outer-hip-lifts>

Calves

Glutes

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



Steps::

- Place a fitness band around the ankles
- Start with legs about hip width apart
- Keeping knees bent, lift the right and left legs about a foot away from your center.
- Do not let the band get saggy in the middle.

Repeat for 60 seconds