



# INSTRUCTIONS

---

## CORE LEG PULSE

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

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/core-leg-pulse>

Abs

Acrobatics

Core

Hip Flexors

Kicks

Leaps

Lower Body

Turns



### Steps::

- Begin laying on your back with hands gently pressing rib cage down and knees tucked in toward chest.
- Leaving rib cage down and low back glued to the floor, extend one leg out about 3 inches from the floor
- Flex the extended leg
- Pulse the leg up and down 5 times
- Switch legs

Repetitions:

Repeat 4 times on each leg