

## How to Do the "Lawn Mower" (Dance)

blasting some loud fast music will be a great way to have fun while working out. dancing is a great way to workout & hey! don't think of it as a workout, think of it as a dance party. moving your body in any general way helps you lose weight & gets you closer to your goal of your ideal body. (shapes legs & bottom!)

### Steps

- 1 Start out in a squatting position.** This works your thighs from the start. Keep your heels about 2–3 feet (0.6–0.9 m) apart and make sure your toes are positioned outward, no pigeon toes. Put both of your arms straight ahead, and ball your hands into fists. Make sure your arms aren't raised.

Ad

### Beginner Dance Lessons

Free Class Tango/salsa/swng/waltz Dance M/T/TH/F 7pm and Thurs  
7:45pm



cited in Bikram's Yoga College of India, L.P. v. Evolution Yoga, LLC  
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- 2 Bring your right (if you're right handed, otherwise start on your left) fist to your right hip, while turning in your right knee.** Make sure you don't lock your legs/arms throughout this dance exercise.

- 3 Repeat step two, using your left side of your body.**

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### Give us 3 minutes of knowledge!

Can you tell us  
about  
**Basic hair**

Can you tell us  
about  
**Tiles and**

Can you tell us  
about  
**Making**

Can you tell us  
about  
**Google apps?**

care?

Yes

No

grouting?

Yes

No

books?

Yes

No

Yes

No

## Tips

- Use this move as a wake up routine! It's not required, but it gets your metabolism up & running right away in the morning. It's healthy for your body & it helps you lose weight!
- Try to dance/work this routine to fast music, and generally the type of music you listen too. Getting to know the tempo of a song changes or singing along usually makes the workout more fun
- Wear thicker clothes, the more you sweat the more you lose!
- Workouts go faster when you think about what you're doing, not how hard you're working.

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## Sources and Citations

- seventeen magazine

## Article Info

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