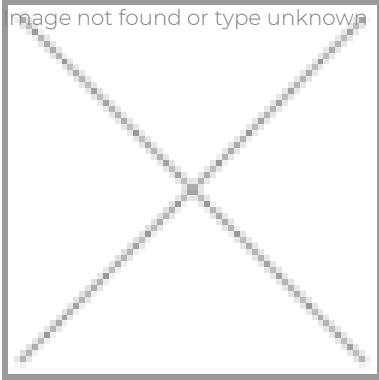


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INSTRUCTIONS

BALANCE CHALLENGE 4

CATEGORIES: Balance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/balance-challenge-4/>

Ankles

Glutes

Hamstrings

Hip Flexors

Knee Strength and Length

Lower Body

Turns



STEPS:

- Begin standing with your feet parallel.
- Lower your hips a couple of inches until your knees are bent, engaging your core.
- Tendu your right leg out to the side and back to meet your stationary foot, keeping your feet parallel.
- Repeat this 4 times.
- Keeping your left leg stationary, bend at the hips and press your right leg behind you until your knee is parallel with the floor, maintaining a slight bend in the left leg.
- Reach for the floor with your opposite hand.
- Return your right foot to meet your left.

Repeat 6 times before switching sides.

[-] hold onto a barre or wall for support