



INSTRUCTIONS

ADDUCTOR LIFT

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/1294>

Glutes

Jumps and Leaps

Knee Strength

Leaps

Lower Body

Quadriceps

Turn Out



STEPS:

- Begin laying on your side, leaning on your elbow, with your bottom leg extended and your top leg bent over your bottom with your top foot flat on the ground.
- Flex the extended leg and with control, lift your lower leg 1-2 inches off the ground and lower.
- Repeat 12 - 20 times on each leg