



INSTRUCTIONS

PLIÉ ROND DE JAMBE

CATEGORIES: Balance, Flexibility, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/plie-rond-de-jambe>

Extension

Hip Flexors

Turns

STEPS:



· In first position, plié the standing leg, extend one leg out in-front of you, to the side and behind. Reverse from the back to the front 5 reps before switching sides

[+] Add a band for extra resistance and to watch hip alignment