

# INSTRUCTIONS

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## RELEVÉ TONDUE

**CATEGORIES:** Balance, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/releve-tondue>

Ankles

Glutes

Hamstrings

Hip Flexors

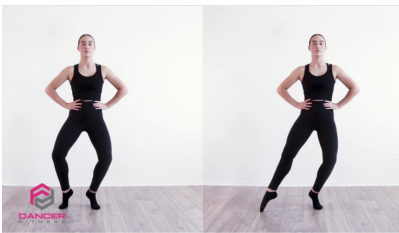
Leaps

Lower Body

Turns

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### STEPS:



- Starting in first position turned out, relevé and plié.
- Tondue one foot out to the side.

Perform 8-10 reps and repeat on opposite side.