



INSTRUCTIONS

PASSÉ EXTEND

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

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

Ankles

Core

Hamstrings

Turns



Steps:

- Start in passé
- Extend the leg backward, slightly bend the supporting leg and hinge at the hips
- Pull yourself back into passé

Repetitions and Modifications:

10 Each Leg

[+] Go into relevé when coming back into Passé.

[-] Hold on to a barre or wall