



# INSTRUCTIONS

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## CLAM SHELL

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/clam-shell>

Acrobatics

Extension

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps



### Steps:

- Lay on your side with legs stacked and knees bent.
- Keeping toes connected, lift the top knee WITHOUT rocking hips backward.
- Hold at the top for a count and return to original position.

Repetitions and Modifications:

Repeat 20 times each leg

[+] add an athletic band around upper thighs.