

gdfgdg



INSTRUCTIONS

LEG DROP FOR CORE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/leg-drop-for-core/>

Abs

Acrobatics

Core

Extension

Hip Flexors

Turn Out

Turns



Steps:

- Begin laying out your back, legs straight up in the air
- Place your hands under your low back for support
- Pulling your belly button in and press your low back into your hands
- Drop one leg toward the floor, stopping one inch from the ground
- Bring the leg back up to the starting position and repeat on the other leg.

Repetitions and Modifications:

Repeat 10 times on each side

[+] drop both legs at the same time

[-] Keep your knees bent and extend the legs one at a time