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INSTRUCTIONS

HALF RUSSIAN

CATEGORIES: Endurance, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/half-russian/>



Steps:

- Begin with legs together and arms at your side
- come to Relevé and bring arms to a shelf position
- Plié with legs together. Feel your heels on the floor
- Jump with knees out toward arm pits and arms in a T position.
- Clean with legs and arms together in starting position

Repetitions and Modifications:

Repeat 30 – 60 seconds or 8 – 10 times

[–] Take the jump out or tuck knees in front of your body