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# INSTRUCTIONS

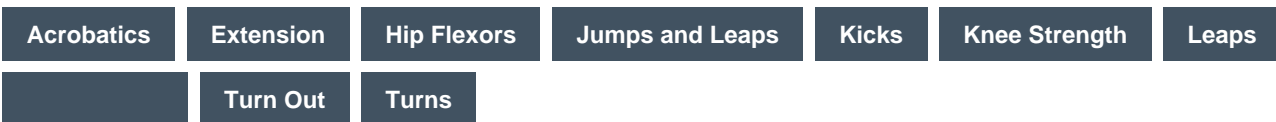
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## HIP LIFT DRILL

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

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/hip-lift-drill/>



### Steps::

- Sit with back straight, belly pulled in and arms at your side.
  - One leg is bent with your foot flat on the floor.
  - Turn the other leg out and slightly extend in front of yourself.
  - Point your working foot and leading with the heel, lift the foot up and down off the floor.
  - If you feel tension in the quad, shake out the working leg and start over
- Repetitions:  
Lift 12 times on each leg.