

gdfgdg



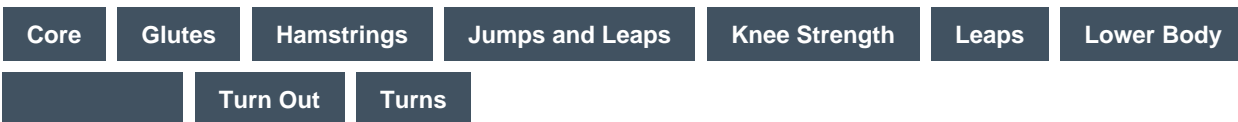
INSTRUCTIONS

LATERAL SLIDE

CATEGORIES: Balance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lateral-slide/>



STEPS:

Standing with your feet under your hips, extend one leg to the side.

With control, hinge at your hips bending your standing leg while keeping your extend leg straight.

Return to standing on a single straight leg and repeat 12 times.

Use a towel or paper plate.