

gdfgdg



# INSTRUCTIONS

---

## TURN OUT DRILL

**CATEGORIES:** Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/turn-out-drill/>

Ankles

Extension

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Turn Out



### STEPS:

· On your back with your feet together and legs extended straight from your hips at a 90 degree angle, turn your feet out to first position, and return parallel.

Repeat 15-20 reps