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INSTRUCTIONS

STRAIGHT KNEE LIFT

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/straight-knee-lift/>

Abs

Extension

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body

Turns



STEPS:

- Lying on your back, bend one leg towards your glutes and keep one leg straight.
- Flex the foot of the extended leg and turn it out
- Lift the working leg to the knee, hold for a beat and slowly lower back to the floor.

Repeat 20 reps on each side