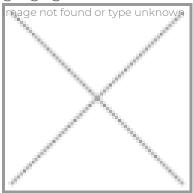
## gdfgdg



## **INSTRUCTIONS**

## **BRIDGE SLIDE OUT**

**CATEGORIES:** Strength **LEVEL:** Advanced

URL: https://dancer-fitness.com/exercise/bridge-slide-out/

Ankles Glutes Hamstrings **Hip Flexors Jumps and Leaps Kicks Knee Strength** Leaps

**Turn Out** 



## STEPS:

- $\cdot$  Start lying on your back with your knees bent, lift your glutes so you create a straight line from your knees to your shoulders.
- · With control, extend one leg out straight in line with your knees. Return your foot to start and repeat with your other foot keeping your glutes raised.

Repeat 8-12 times on each leg.