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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:

- 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.