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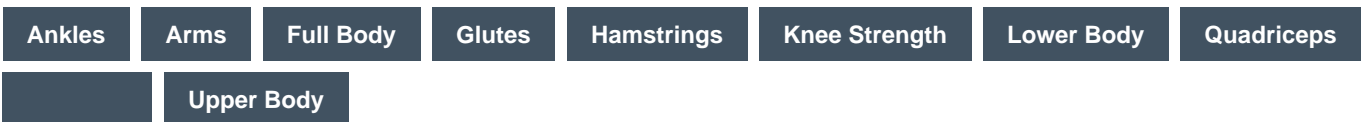
INSTRUCTIONS

FORCED ARCH CURL

CATEGORIES: Balance, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/forced-arch-curl/>



STEPS:

- In a wide second position, raise feet into relevé and plié into forced arch.
- Curl your arms up to your shoulders and return below your hips.

Repeat 12 times

[+] Add a band to your arms for resistance