

gdfgdg



INSTRUCTIONS

BANDED HIGH RELEVÉ

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/banded-high-releve/>

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body

Turns



STEPS:

- Starting with a band around your ankles, legs hip distance, rise up into relevé and then plie.
- Take a small step to the right, rise up into relevé, and plie before your next step.

Repeat 2 steps on each side 10 times before resting.

[] Remove the band