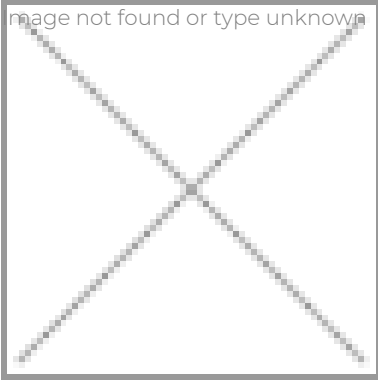


gdfgdg



# INSTRUCTIONS

---

## RELEVÉ TONDUE

**CATEGORIES:** Balance, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/releve-tondue/>

Ankles

Glutes

Hamstrings

Hip Flexors

Knee Strength

Leaps

Lower Body

Turn Out



### STEPS:

- Starting in first position turned out, relevé and plié.
- Tondue one foot out to the side.

Perform 8-10 reps and repeat on opposite side.