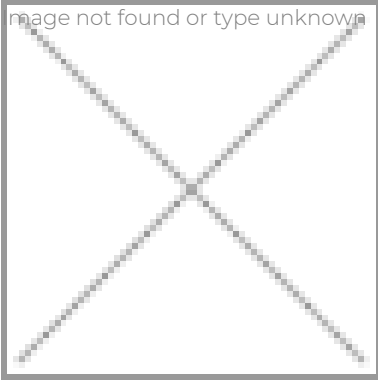


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INSTRUCTIONS

CALF RAISE ARM CIRCLES

CATEGORIES: Balance, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

Ankles

Arms

Back

Full Body

Lower Body

Turns

Upper Body

STEPS:



- With your arms lifted straight out to the side, flip your palms from facing down to facing up.
- Rise into relevé and hold while your palms will switch from facing down to facing up.

Return your heels down and repeat 20 times.