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INSTRUCTIONS

ELEVATED LEG PULSE

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/elevated-leg-pulse/>

Abs

Core

Hip Flexors

Jumps and Leaps

Kicks



STEPS:

- Seated on the ground, set your hands 6 inches behind your low back for support. Lift your knees towards your chest, bent at 90 degrees.
- Extend one leg straight out in front of you until parallel with the ground.
- Lift at the hip, keeping the leg straight before lowering and draw your knee back to your chest.

Repeat on the other side.

Repeat 10 reps total, 2 times.

- [-] Remove the pulse
- [-] Keep your extended leg higher