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INSTRUCTIONS

BALANCE CHALLENGE 2

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/balance-challenge-2/>

Ankles

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Quadriceps

Turns



STEPS:

- Starting in first position, tondue behind and lift one leg off the ground.
- Slowly plie THREE times tapping your knee
- Next plie THREE times reaching toward your shin
- Finally, plie THREE times reaching toward an object on the floor

Do one time on each leg.