

gdfgdg



INSTRUCTIONS

BALANCE CHALLENGE: 1

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/balance-challenge-1/>

Ankles

Back

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Lower Body

Turns



STEPS:

- Starting in first position, tondué behind and lift one leg off the ground.
- Slowly plie your stationary leg, and return to straight leg.

Repeat 10 reps, 2 times.

[+] Use an object to pass behind your leg