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# INSTRUCTIONS

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## ABDUCTOR LIFT

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/abductor-lift/>

Glutes

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



### STEPS:

- Starting on your hands and knees, extend one leg straight out to the side.
- Slowly lift your leg so your foot is hip height.
- Slowly release your leg back to the ground.
- Do not arch your low back

Repeat 8-10 reps, 2 times.

[ - ] Keep extended leg lower to the ground