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INSTRUCTIONS

ADDUCTOR SLIDE

CATEGORIES: Flexibility, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/adductor-slide/>

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Starting high on your knees, extend one leg out from your hip.
- Using a towel or slider, slide the extended leg away from your body.
- Slowly draw your hips back over your knee.

Repeat 8-10 reps each side, 2 times.