

gdfgdg



INSTRUCTIONS

ADDUCTOR DRILL

CATEGORIES: Strength

LEVEL: Beginner

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

Glutes

Jumps and Leaps

Leaps

Lower Body



STEPS:

- Lying on your back, bend your knees towards the ceiling and place your feet on the floor.
- Place a block between your thighs, right above the knees.
- Bring your bellybutton into the spine, and lift your butt off the floor, creating a diagonal from your knees to nose.
- Squeeze the block between your knees for a beat.
- Slowly lower your butt down.

Repeat 20 - 25 times.