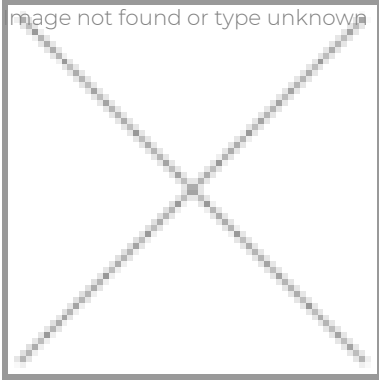


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INSTRUCTIONS

CLOCK BALANCE CHALLENGE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

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

Ankles

Jumps and Leaps

Knee Strength

Lower Body

Turn Out

Turns



STEPS:

- Starting in coupé, supporting leg is tuned out tondue your leg in front of you.
- Extend your working leg to tap the ground ay 12 o'clock
- Rotate to tap at 3 o'clock
- Rotate to tap at 6 o'clock
- Develop through coupé, across your working leg (11 o'clock)
- Develop through coupé, behind your working leg (7 o'clock)
- Return to coupé and repeat in parallel.

Do on both sides.