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# INSTRUCTIONS

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## ELEVATED CLAM SHELL

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/elevated-clam-shell/>

Extension

Glutes

Hip Flexors

Kicks

Lower Body

Turn Out



### STEPS:

- Laying on your side, create a bend in the knees. Lift your ankles 2-4 inches off the floor, keeping your thighs together.
- Lift your top knee up to the ceiling, pausing for a beat.
- Return your knees back together.

Repeat 8-10 times before switching sides.

- [+] Add a resistance band above the knees
- [-] Remove the resistance band
- [-] Keep the ankles on the ground