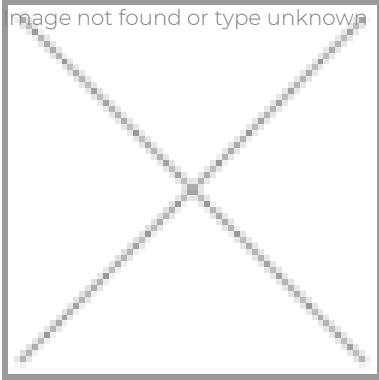


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INSTRUCTIONS

ELEVATED HEEL TAPS

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/elevated-heel-taps/>

Ankles

Glutes

Hamstrings

Jumps and Leaps

Lower Body

Turns



STEPS:

- Start with your supporting leg on a yoga block, and your other leg extended, turned out.
- Slowly plie your supporting leg, until your extended legs heel touches the ground.
- Pause for a beat.
- Extend your supporting leg.

Repeat 12 - 20 times before switching sides.