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INSTRUCTIONS

BANDED TURN OUT

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/banded-turn-out/>

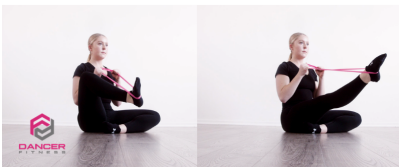
Ankles

Extension

Kicks

Leaps

Lower Body



STEPS:

- Start seated on the ground.
- Loop one end of a resistance band around the arch of your foot while holding the other end.
- Bring your knee in towards your armpit, while keeping your back straight.
- Extend your leg until straight, with your foot flexed, and point your toe at full extension.
- Flex the foot before returning with a bent knee.

Repeat 8-10 times before switching sides.