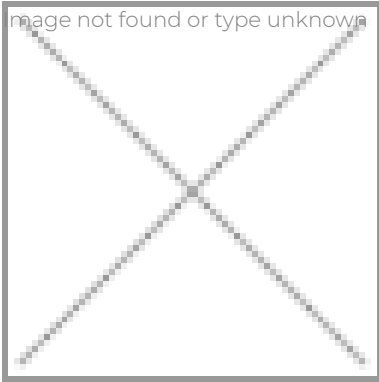


gdfgdg



INSTRUCTIONS

STANDING ABDUCTION BANDED

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/standing-abduction-banded/>

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Turn Out



STEPS:

- Place a band a couple inches above your knees.
- Start standing with your feet hip distance apart and lift your right foot a couple inches above the ground with a slight bend in the right knee.
- Pulse your leg outward 2-3 inches.

Repeat 20 times before switching sides.

Try your best to keep your lifted leg rotated inwards to utilize the abductor muscle.

[-] Remove the band