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INSTRUCTIONS

SEATED HIP STRENGTH DRILL 2

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/seated-hip-strength-drill-2/>

Extension

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Turns



STEPS:

- Start seated with your back straight and legs out in front of you with your hands by your sides.
- Place a yoga block under your right foot.
- Place your right heel on top of the yoga block with a slightly bent knee and flexed foot.
- Lift your heel off the yoga block 2-4 inches, drawing your knee towards the ceiling.
- Hold for a beat.
- Return your heel to tap the yoga block.

Repeat 10 times before switching sides.

[] Rotate the yoga block to adjust the height to make it easier/harder.