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INSTRUCTIONS

SEATED HIP STRENGTH DRILL 1

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

Extension

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

Turns



STEPS:

- Start seated with your back straight and legs out in front of you.
 - Place a yoga block to the outside of your right foot.
- Press into your hands to maintain your balance while lifting your right leg over the yoga block.
- Bring your foot as low as it feels comfortable, and return back to the starting side of the yoga block, keeping it lifted away from the ground.
 - Repeat 10 times before switching sides.
- [-] Keep your heel higher off the ground
[-] Rotate the yoga block to adjust the height to make it easier/harder.