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INSTRUCTIONS

BANDED TURN OUT DRILL

CATEGORIES: Strength

LEVEL: Beginner

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

Extension

Hip Flexors

Jumps and Leaps

Leaps

Turn Out



STEPS:

- Start seated with your legs straight out in front of you.
- Place a band a few inches below your knees with your feet parallel.
- Create a first position with your feet, and pull your heels away from each other.
- Return your feet back to touch and parallel.

Repeat 20 times each leg

[] Remove the band