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INSTRUCTIONS

BALANCE CHALLENGE 3

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/balance-challenge-3/>

Ankles

Core

Glutes

Hamstrings

Turns



STEPS:

- Start holding a yoga block in your hand.
- Step your right foot on a yoga block and your left foot out to the side.
- Transfer your weight to your right foot and lift your left leg behind you, parallel with the floor. Bring your chest forward, creating a T with your body.
- Bend your right knee slightly while reaching your hands towards your toes, keeping your chest upright.
- Pass the block behind your right leg and grab it on the opposite side.
- Straighten your right leg and repeat.

Repeat 12 times before switching sides.