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INSTRUCTIONS

ANKLE STRENGTH DRILL

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

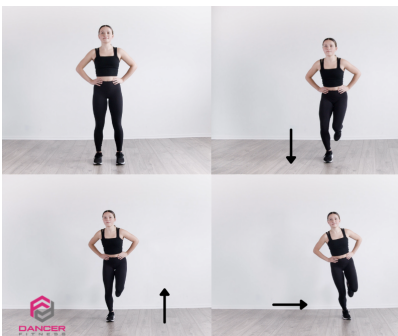
URL: <https://dancer-fitness.com/exercise/ankle-strength-drill/>

Ankles

Jumps and Leaps

Lower Body

Turns



STEPS:

- Start standing with your feet under your hips.
- Hop both of your feet forwards a couple inches, and back to start.
- Lift your left foot off the ground.
- Hop your right foot to the right 3-4 inches, back, left and forward, creating a square.
- Return both feet to the floor and repeat on the opposite side.

Repeat 8 times on each leg.