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# INSTRUCTIONS

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## ADVANCED CLAM SHELL

**CATEGORIES:** Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/advanced-clam-shell/>

Extension

Glutes

Hip Flexors

Jumps and Leaps

Leaps

Lower Body

Turn Out



### STEPS:

- With your knees together, lean over onto your right hip, supporting yourself with your right hand.
- Push your palm into the floor while lifting your hips to the ceiling.
- While you lift your hips, pull your left knee away from the right, keeping the inner arches of your feet together.
- Hold for a beat, and lower your right hip back to the ground.
- Repeat on the left side.

Repeat 20 - 25 reps.

[+] Add a resistance band a couple inches above the knees.