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INSTRUCTIONS

LOWER BODY STABILITY DRILL

CATEGORIES: Balance, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/lower-body-stability-drill/>

Glutes

Hamstrings

Hip Flexors

Knee Strength and Length

Lower Body

Turns



STEPS:

- Place a yoga block flat on the ground
- Step onto the yoga block with your left foot, and bring your right foot to parallel passé.
- Plie on your left leg, and tendu your right foot in front of you.
- Return to passé.
- Plie on your left leg, and tendu your right foot to second position.
- Return to passé.
- Plie on your left leg, and tendu your right foot behind you.
- Return to passé.

Repeat 3-5 times, then switch sides.

[+] do on the floor and come into relevé