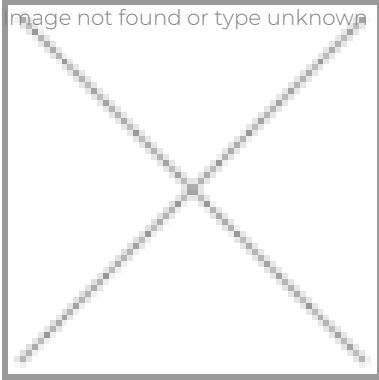


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INSTRUCTIONS

BANDED ABDUCTOR LIFT

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/banded-abductor-lift/>

Abs

Hip Flexors

Jumps and Leaps

Knee Strength and Length

Leaps

Lower Body



STEPS:

- Start with a band around quads and lay on your left side, with your left leg bent behind you at 45 degrees.
- Extend your right leg long, parallel to your left.
- Lift your right leg straight, keeping your hips square.
- Lift your right leg another 2-3 inches.
- Hold for a beat, and lower the right leg back down 2-3 inches.

Repeat 25 times, before resting. Then Switch sides.

[-] Remove the band.