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# INSTRUCTIONS

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## WEIGHTED CRISS-CROSS BOAT

**CATEGORIES:** Balance, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/weighted-criss-cross-boat/>

Core

Hip Flexors

Turns



### STEPS:

- Begin in a seated position with your knees bent and your feet flat on the floor.
- With a weight at your chest, extend your arms toward your hips while lifting your feet off the floor. Extend your legs, feet hovering 4-6 inches off the floor.
- Be sure to keep your back straight.
- Turn out your feet to first position and alternate crossing one foot over the other.

Repeat for 30 seconds before resting.