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INSTRUCTIONS

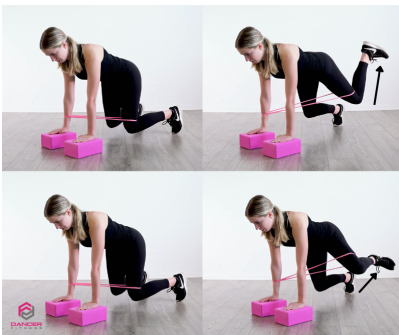
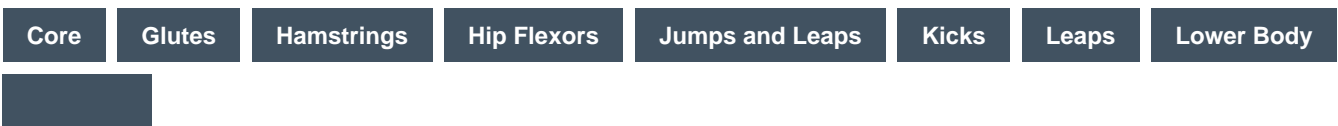
STABILITY DRILL

CATEGORIES: Endurance, Strength

LEVEL: Advanced

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

[Hover Glute Kick Back](#), [Hover Fire Hydrants](#)



STEPS:

- Place two yoga blocks flat on the floor
- Loop a yoga band around your left leg and your right wrist.
- Place your palms on the yoga blocks and lift your knees off the floor in a hovering position.

From here perform:

8 – 12 Hover Glute Kick Backs

8 - 12 Hover Fire Hydrants

Then switch sides.

Repeat 3 times each side

[] Remove the band

[] Remove the blocks