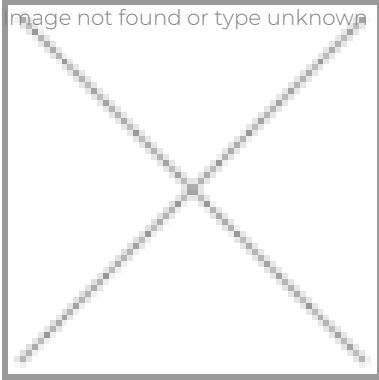


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# INSTRUCTIONS

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## SINGLE LEG STABILITY

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/single-leg-stability/>

Glutes

Hamstrings

Hip Flexors

Knee Strength

Turn Out

Turns



### STEPS:

- Start standing with both feet parallel.
- Lift your right leg to hip height and place a Pilates ball behind the knee.
- Keeping the Pilates ball squeezed behind the knee, rotate your right hip towards the right side.
- Return to parallel.

Repeat 20 times on the right, then switch sides.