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INSTRUCTIONS

SINGLE LEG GLUTE BRIDGE WITH ADDUCTION

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/single-leg-glute-bridge-with-abduction/>

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Turns



STEPS:

- Start lying on your back.
- Bring your knees in toward you with your feet flat on the floor.
- Place a yoga block between your knees.
- Press your hips off the floor, creating a straight line from your knees to your shoulders.
- Lift one foot off the floor and extend it straight in front of you, keeping your knees pressed against the yoga block.
- Lower your hips toward the floor, keeping your leg extended.
- Repeat with your extended leg 20 times, then switch sides.

[-] Keep both legs on the floor.