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INSTRUCTIONS

PARTNER BALL TOSS AND DEADLIFT

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-ball-toss-and-deadlift/>

Core

Glutes

Hamstrings

Hip Flexors

Knee Strength

Lower Body

Turns



STEPS:

- Place 2 yoga blocks flat on the floor about 3 feet from a partner
- Each partner will step up on the yoga block with their right foot, one partner holding a ball.
- Bring your left foot to coupé, then tendu your left leg to the back and lift it a few inches off the floor.
- Plié the supporting leg while pressing your heel into the block.
- Bring your left leg back to coupé.
- The partner who has the ball will toss it across to the other person.

Repeat 12- 20 times, then switch legs.

[] Remove shoes for more stability on the yoga block.

[] Remove the Yoga Block.