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INSTRUCTIONS

KETTLEBELL PASSÉ EXTEND

CATEGORIES: Balance, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/kettlebell-passe-extend/>

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Turns



STEPS:

- Hold a dumbbell or kettlebell close to your chest.
- Start in parallel passé.
- Extend your passé leg behind you, like you're pressing your heel toward the back wall. Lean slightly forward.
- Plié the supporting leg and press the heel into the floor.
- Return your extended leg to passé.

Repeat 12 - 15 times before switching sides.

[+] Hold something weighted but be sure to keep the weight resting on the supporting leg.