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INSTRUCTIONS

HIP AND CORE STABILITY

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/hip-and-core-stability/>

Core

Extension

Glutes

Hip Flexors

Turn Out

Turns



STEPS:

- Place a resistance band on your quads
- Stack two yoga blocks on their long side, one on top of the other.
- Press the side of your left foot on top of the yoga block.
- Using your left forearm to support you, press your right hip toward the ceiling, keeping your hips square.
- Bring your right foot up to parallel passé and slowly rotate your knee to turn out.
- Return your passé to parallel.

Repeat 6-10 times before switching sides.

[] Remove the blocks.