

gdfgdg



# INSTRUCTIONS

---

## RELEVÉ BALL SQUEEZE

**CATEGORIES:** Balance, Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/releve-ball-squeeze/>

Ankles

Lower Body

Turns



### STEPS:

- Start standing in parallel with a small ball between your ankles.
- Can also use a rolled up sweatshirt or towel
- Lift your heels to relevé and pause for a beat gently squeezing the ball.
- Bring your heels back down to parallel.

Repeat 25 times.