
HIGHER PASSÉ AND STRAIGHTER LEGS

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/higher-passe-and-straighter-legs/>

This training plan is designed to improve the strength of the muscles surrounding the knees for straight legs and the inner thighs for a high passé. Do each exercise for 40 to 60 seconds. Do three times total.

1. Adductor Drill
2. Banded Bridge Step Out
3. Frog Knee Abs
4. Side Lunge Squat Warm Up

Turns

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

BANDED BRIDGE STEP OUT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/banded-bridge-step-out/>

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/frog-knee-abs/>

SIDE LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/side-lunge-squat-warm-up/>