

## STRAIGHTER KNEES AND LEGS

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/straighter-knees-and-legs/>

Before you start turning, do these exercises 2 – 3 times to strengthen the muscles needed for stronger and straighter knees.

- Balance Challenge: 1
- Narrow Squat Pulse
- Lunge One Leg Deadlift
- Elevated Heel Taps

ankles

Glutes

Hamstrings

Turns

### BALANCE CHALLENGE: 1

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

### NARROW SQUAT PULSE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/narrow-squat-pulse/>

### LUNGE ONE LEG DEADLIFT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

### ELEVATED HEEL TAPS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>