



# INSTRUCTIONS

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## STRAIGHT KNEE LIFT

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/straight-knee-lift>

Jumps and Leaps

Kicks

Leaps

Lower Body

Turns



### STEPS:

- Lying on your back, bend one leg towards your glutes and keep one leg straight.
- Flex the foot of the extended leg and turn it out
- Lift the working leg to the knee, hold for a beat and slowly lower back to the floor.

Repeat 20 reps on each side