



INSTRUCTIONS

KNEE DRIVE

CATEGORIES: Balance, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/knee-drive>

Ankles

Calves

Turns



Steps:

- Find stability on one leg. Spread out your toes and grip the floor.
- Place the other leg behind you for stability.
- Drive the extended leg up leading with your knee and press your working leg into a tall Relevé.
- Hold for one count
- Place the leg back down behind you and come to flat foot.

Repeat 10 times on each leg

+ Hold for an extended time or add a jump

- stay on flat foot