



INSTRUCTIONS

LEG SWINGS

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/leg-swings>

Ankles

Calves

Glutes

Lower Body

Turns



Steps:

- Before you begin, find stability on one leg. Spread out your toes and grip the floor as if you're a monkey getting ready to climb a tree.
- Place your hands on your hips.
- Lift the other leg off the floor just a few inches and straighten the knee.
- Swing the leg side to side, and then front to back.
- 10 times in each direction
- Switch legs and repeat three times .

Modification:

[+] Do in Relevé

[-] Hold on to wall or barre