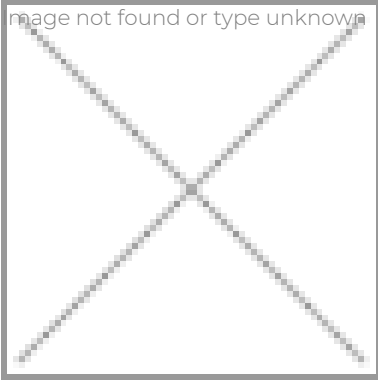


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## **INSTRUCTIONS**

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### **ON DEMAND WORKOUT: BACK FLEXIBILITY**

**CATEGORIES:** Flexibility, On Demand Workout

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/on-demand-workout-back-flexibility/>

Warm up your back and increase your back flexibility for you favorite skills!

Equipment Needed: None

Back

Hamstrings

Hip Flexors

Lower Body