

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: GLUTES AND HIPS

CATEGORIES: On Demand Workout, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/on-demand-workout-glutes-and-hips/>

Engage your glutes and hips for better turn out, balance and power!

Equipment: Loop Band

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body

Turn Out