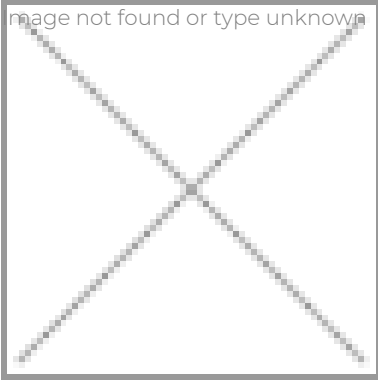


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# ***INSTRUCTIONS***

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## ***ON DEMAND WORKOUT: HIP OPENER STRETCHES***

**CATEGORIES:** Flexibility, On Demand Workout

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/hip-opener-stretches/>

Equipment Needed: Yoga Block

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Turn Out