

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: STRAIGHTER AND STRONGER LEGS

CATEGORIES: On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-straighter-and-stronger-legs/>

These two exercises are my "go to" when helping dancers understand WHICH muscles need to be engaged for straighter legs and HOW to engage them.

Equipment Needed: Kettle Bell or Heavy Object

Glutes

Hamstrings

Knee Strength and Length

Lower Body

Turns