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INSTRUCTIONS

ON DEMAND: STOP SITTING IN YOUR TURNS

CATEGORIES: Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-stop-sitting-in-your-turns/>

Do you "sit" in your turns? You know, arched low back, core disengaged, bum sticking out? Fix this common issue and watch your turns improve Equipment needed: heavy band, yoga block

Abs

Back

Core

Glutes

Turns