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INSTRUCTIONS

SHOULDER FLY

CATEGORIES: Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/shoulder-fly/>

Arms

Back

Kicks

Shoulders

Turns

STEPS:



- Bend at the hips, Squeeze your shoulder blades together, leading with your elbows.
- Hold for a beat before extending your arms back down.

Repeat 10-12 times