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INSTRUCTIONS

FOLLOW ALONG WORKOUT: KICK TECHNIQUE

CATEGORIES: Full Workout

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-kick-technique/>

Full length video for higher kicks and cleaner technique to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.
Equipment: Band and yoga block

Ankles

Full Body

Glutes

Hamstrings

Hip Flexors

Kicks

Lower Body