

gdfgdg



## ***INSTRUCTIONS***

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### ***FOLLOW ALONG WORKOUT: HIP FLEXIBILITY***

**CATEGORIES:** Flexibility, Full Workout

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

Hip Flexors

Leaps

Turn Out