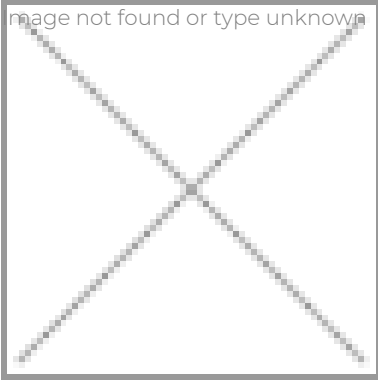


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INSTRUCTIONS

FOLLOW ALONG WORKOUT: SUPPORTING LEG

CATEGORIES: Full Workout

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-supporting-leg/>

Full length video for as stronger supporting leg and balancing out the body! This workout focuses on the core, glutes and adductors for maximum stability. Equipment: Band and Yoga Block

Glutes

Hamstrings

Hip Flexors

Lower Body

Turns