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INSTRUCTIONS

FOLLOW ALONG WORKOUT: GLUTE STRENGTH

CATEGORIES: Full Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>

Full length video for glute strength. Have your dancers use this as a warm up or pick it apart for pre turning and pre jumping exercises. Equipment: Band

Ankles

Glutes

Hamstrings

Jumps and Leaps

Lower Body