

gdfgdg



INSTRUCTIONS

FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

CATEGORIES: Flexibility, Full Workout, Strength, Warm Up

LEVEL: Intermediate

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

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

Extension

Hip Flexors

Jumps and Leaps

Kicks

Lower Body

Turn Out