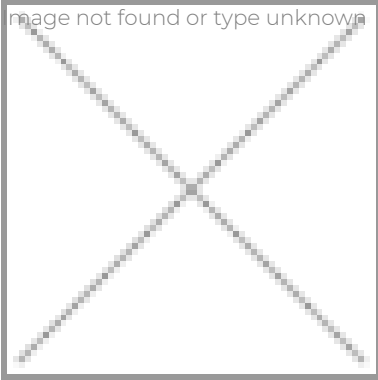


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INSTRUCTIONS

FOLLOW ALONG WORKOUT: LOWER Plié AND LEG POWER

CATEGORIES: Power

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-lower-plier-and-leg-power/>

Today's training plan This workout is amazing for hip hop dancers who need to get lower and any dancer who needs to use their plié more. Equipment: Loop Band and Yoga Block

Full Body

Glutes

Hip Flexors

Jumps and Leaps

Leaps

Quadriceps

Turn Out

Turns