

gdfgdg



INSTRUCTIONS

FOLLOW ALONG WORKOUT: HIP AND CORE STRENGTH

CATEGORIES: Full Workout, Strength

LEVEL: Intermediate

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

Full length video for hip and core strength for higher passé, stronger working legs and higher kicks.

Equipment: Loop Band

Abs

Core

Extension

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body