

gdfgdg



## ***INSTRUCTIONS***

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### ***FOLLOW ALONG WORKOUT: SUPPORTING LEG STRENGTH***

**CATEGORIES:** Balance, Full Workout, Strength

**LEVEL:** Intermediate

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

Full length video for stronger, straighter supporting legs and better balance. Equipment: Loop Band and Yoga Block

Glutes

Hip Flexors

Lower Body

Turns