

gdfgdg



INSTRUCTIONS

FULL LENGTH WORKOUT: BETTER EXTENSION

CATEGORIES: Flexibility, Full Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-better-extension/>

Open the hips and strengthen the glutes for legs that lift effortlessly! Equipment: Yoga Block, Medium / Heavy Band.

Core

Glutes

Hip Flexors

Lower Body

Turn Out