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INSTRUCTIONS

FULL LENGTH WORKOUT: RECOVERY AND MOBILITY

CATEGORIES: Flexibility, Full Workout, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-recovery-and-mobility/>

Whether you're feeling a little burned out or need a recovery day from weeks of competition, slow it down a little and take the time to open your hips, stretch the back and lengthen the hamstrings. Equipment: Yoga Block

Full Body