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INSTRUCTIONS

ON DEMAND WORKOUT: FRONT LEG EXTENSIONS

CATEGORIES: Flexibility, On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-front-leg-extensions/>

Equipment: Loop band and yoga block **Learn more** about Kendall under "INSTRUCTIONS". Links to Kendall: [Website](#) [Instagram](#)

Hip Flexors

Kicks

Lower Body

Quadriceps



About Kendall:

Guest Instructor Kendall is a certified personal trainer and Pilates instructor specializing in strength & conditioning for dancers. She has earned her BA Dance Science and MSc Dance Science and advocates for body positivity and dance science education to help dancers prevent injuries and prolong their careers. Through her business, BodyKinect. She provides online training programs, 1:1 sessions, and master classes for dancers of all ages with virtual and in-person options. All links to Kendall are in the description above.