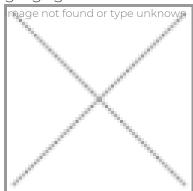
gdfgdg



## **INSTRUCTIONS**

## ON DEMAND WORKOUT: BOOTY BURN

CATEGORIES: On Demand Workout, Power, Strength, Warm Up LEVEL: Intermediate

URL: https://dancer-fitness.com/exercise/full-length-workout-booty-burn/

Improve jump height, extension, supporting leg strength and power when you strengthen the glutes! Pair this workout with a few core exercises and you've got yourself a well rounded workout or warm up for practice. equipment needed: Loop Band

Extension Glutes Jumps and Leaps Kicks Lower Body