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## **INSTRUCTIONS**

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### **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