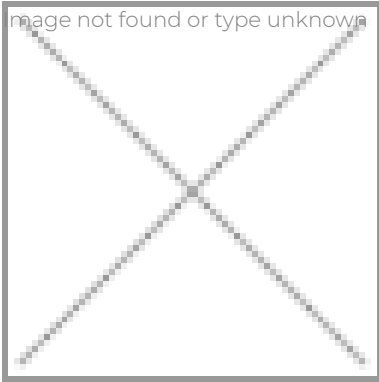


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## **INSTRUCTIONS**

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### **ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES**

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

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band  My camera died before the last two sets of core: please watch [this video](#) for the remainder of the workout.

Abs

Extension

Hip Flexors

Kicks

Knee Strength

Lower Body

Quadriceps

Turns