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INSTRUCTIONS

ON DEMAND WORKOUT: FULL SPLIT LEAP

CATEGORIES: On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-full-split-leap/>

This follow along workout focuses on strengthening the muscles needed to get your front leg and back legs higher in your split leaps.

Equipment needed: Loop Band and Yoga Block

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body

Turn Out