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INSTRUCTIONS

ON DEMAND WORKOUT: BALANCING OUT YOUR WEAK SIDE

CATEGORIES: Balance, On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-balancing-out-your-weak-side/>

For dancers who want to turn, jump and execute their skills well on BOTH sides of the body.

Equipment needed: Yoga Block

Abs

Core

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Quadriceps