

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: SKILL WARM UP

CATEGORIES: Balance, Endurance, On Demand Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-skill-warm-up/>

See When you want to go beyond crunches and relevés, do this quick warm up to engage the muscles you need for straighter legs, better balance and more power. Equipment needed: Yoga Block

Hamstrings

Hip Flexors

Jumps and Leaps

Knee Strength

Lower Body

Quadriceps

Turns
