

gdfgdg



## ***INSTRUCTIONS***

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### ***ON DEMAND WORKOUT: FLEXIBILITY FAVORITES***

**CATEGORIES:** Flexibility, On Demand Workout, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/on-demand-workout-flexibility-favorites/>

Try out these stretches that utilize the style of stretching called PNF stretching to help your muscles feel stronger and longer! Equipment: none