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INSTRUCTIONS

ON DEMAND WORKOUT: " I WANT TO FEEL MY GLUTES!"

CATEGORIES: On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-i-want-to-feel-my-glutes/>

Dancers ask me all the time how they can feel their glutes engaged and I typically have them do glute bridges but this workout gets you off the floor and attacks your glutes from a new perspective.

Equipment Needed: Loop Band

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body