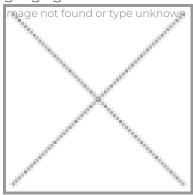
## gdfgdg



## **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