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INSTRUCTIONS

ON DEMAND WORKOUT: BETTER EXTENSION AND WORKING LEGS

CATEGORIES: On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-better-extension-and-working-legs/>

This workout focuses on stabilizing the hip and lengthening the leg for solid legs in open turns plus better height and lines in your extensions.

Equipment needed: Yoga block and Loop Band

Abs

Extension

Hip Flexors

Kicks

Knee Strength and Length

Lower Body

Quadriceps