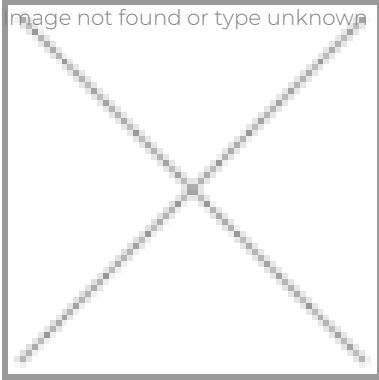


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INSTRUCTIONS

ON DEMAND WORKOUT: POWER QUADS

CATEGORIES: On Demand Workout, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/on-demand-workout-power-quads/>

The quads have important jobs like lengthening the legs, explosive jump power and keeping knees safe. Help yourself understand how to engage and utilize them in this fun workout!

Equipment Needed: Optional Kettle Bell / weighed object and a bench / elevated object.

Ankles

Glutes

Hip Flexors

Jumps and Leaps

Knee Strength and Length

Lower Body