

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: TOE TOUCHES AND SIDE LEAPS

CATEGORIES: Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/on-demand-workout-toe-touches-and-side-leaps/>

Equipment: Yoga block and Mini Loop Band

Work the muscles you need to improve jump height, jump power and hip rotation for clean and powerful toe touches and side leaps.

Ankles

Core

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body