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INSTRUCTIONS

ON DEMAND WORKOUT: POINT YOUR FEET!

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-point-your-feet/>

Equipment: Yoga Block, Small Ball, TheraBand

The correction heard around the world "point your feet!" can take a seat when you strengthen your feet and ankles with this workout

Ankles