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INSTRUCTIONS

ON DEMAND WORKOUT: INNER THIGHS

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-inner-thighs/>

Equipment Needed: Weighted Object , Yoga Block

When you need to snap down your kicks or leaps, train the inner thighs (the adductors)!

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Lower Body