

LEG PLAN

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 0

URL: <https://dancer-fitness.com/plan/leg-plan/>

Legs Ankle and glute warm up- 10 Reverse lunge squat- 10 (each side) Side lunge warm ups- 10 (each side)
Elevated leg pulse- 10 (each side) Scissor slice abs- 15
