

KICK

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/kick-2/>

FOLLOW ALONG WORKOUT: KICK TECHNIQUE

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for higher kicks and cleaner technique to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.

Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-kick-technique/>