

YOUTH FACTOR HIP FLEX

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/youth-factor-hip-flex/>

Hip flexor strength

FOLLOW ALONG WORKOUT: HIP AND CORE STRENGTH

LEVEL: Intermediate

CATEGORY: Full Workout, Strength

Full length video for hip and core strength for higher passé, stronger working legs and higher kicks. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-hip-and-core-strength/>