

NEW

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 2

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

ON DEMAND WORKOUT: HIP STRENGTH AND BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

Full length video for stronger hips and better extension. Equipment: Loop Band and Yoga Block

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>