

BETTER EXTENSION

CATEGORIES: Full Workout

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/better-extension-3/>

FULL LENGTH WORKOUT: BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Flexibility, Full Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>