

BOOTY BURN

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

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

improve jumps

ON DEMAND WORKOUT: BOOTY BURN

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength, Warm Up

Improve jump height, extension, supporting leg strength and power when you strengthen the glutes! Pair this workout with a few core exercises and you've got yourself a well rounded workout or warm up for practice.

equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-booty-burn/>