

AUSTYN SUMMER TRAINING

CATEGORIES: Balance, Flexibility,
Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/austyn-summer-training/>

Want to work on strength and power and we'll as flexibility!

ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES

LEVEL: Intermediate

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band

☐ My camera died before the last two sets of core: please watch [this video](#) for the remainder of the workout.

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