

FLEXIBILITY

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/flexibility-15/>

ON DEMAND WORKOUT: FRONT LEG EXTENSIONS

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Equipment: Loop band and yoga block

Learn more about Kendall under “**INSTRUCTIONS**”.

Links to Kendall: [Website](#) [Instagram](#)

<https://dancer-fitness.com/exercise/full-length-workout-front-leg-extensions/>