
STRENGTH

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/strength-6/>

SINGLE LEG STABILITY

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/single-leg-stability/>

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/>