

## STRENGTH

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/strength-7/>

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## ON DEMAND WORKOUT: BETTER EXTENSION AND WORKING LEGS

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength

This workout focuses on stabilizing the hip and lengthening the leg for solid legs in open turns plus better height and lines in your extensions.

Equipment needed: Yoga block and Loop Band

<https://dancer-fitness.com/exercise/on-demand-workout-better-extension-and-working-legs/>

## DUMBBELL SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/dumbbell-squat/>