

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: CORE AND SHOULDERS

CATEGORIES: On Demand Workout, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/on-demand-workout-core-and-shoulders/>

Warm up and engage the shoulders and core for pom, turns and upper body power!

Equipment: Heavy Object to Hold

Arms

Core

Shoulders

Turns

Upper Body
