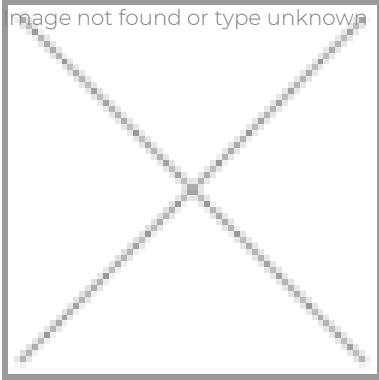


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INSTRUCTIONS

ON DEMAND WORKOUT: FULL BODY

CATEGORIES: On Demand Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-full-body/>

Equipment Needed: Loop Band, Yoga Blocks and Weights

