

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: ACRO STRENGTH

CATEGORIES: On Demand Workout, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/on-demand-workout-acro-strength/>

Strengthen your back, shoulders, arms and inner thighs for control and power in all your acro skills.

Equipment Needed: Yoga block, Theraband, Kettlebell (optional) , Dumbbells

Acrobatics

Back

Core

Glutes

Hip Flexors

Lower Body

Upper Body