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INSTRUCTIONS

ON DEMAND WORKOUT: I ONLY HAVE 5 MINUTES

CATEGORIES: On Demand Workout, Power, Strength, Warm Up **LEVEL:** Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-i-only-have-5-minutes/>

When you're short on time, but need to warm up and strengthen your whole body, this is the workout for you!

Equipment Needed: None

