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INSTRUCTIONS

FULL BODY WARM UP

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-body-warm-up/>

Abs

Core

Full Body

Glutes



STEPS:

- 20 Clam Shells Each Leg
- 4 Up Down planks
- 20 Clam shells each leg
- 8 up down planks
- 20 Clam shells each leg
- 10 up down planks

(-) Hold a plank for 30 seconds instead of an up down plank