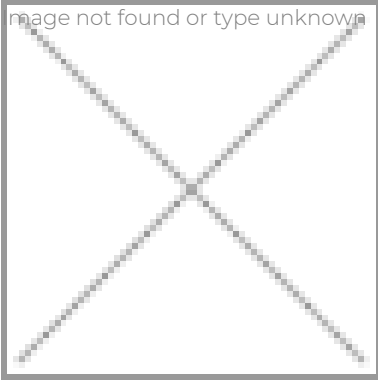


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INSTRUCTIONS

FULL FOLLOW ALONG WORKOUT: ENDURANCE

CATEGORIES: Endurance, Full Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-follow-along-workout-endurance/>

Full length video for endurance to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.

Full Body