

gdfgdg



## ***INSTRUCTIONS***

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### ***FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL***

**CATEGORIES:** Full Workout, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control/>

Full length video for placement and control to send to your dancers or pull up in class!

Ankles

Core

Full Body

Glutes

Hamstrings

Jumps and Leaps

Upper Body