

gdfgdg



INSTRUCTIONS

FOLLOW ALONG WORKOUT: IMPROVED TECHNIQUE

CATEGORIES: Full Workout

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-improved-technique/>

Full length video for technique to send to your dancers or pull up in class!

Ankles

Core

Full Body

Glutes

Hamstrings

Jumps and Leaps

Turns