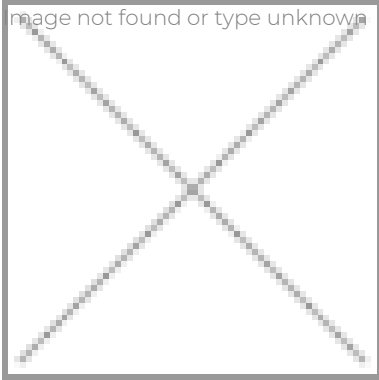


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## ***INSTRUCTIONS***

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### ***FOLLOW ALONG WORKOUT: EXECUTION OF SKILLS***

**CATEGORIES:** Full Workout

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/follow-along-workout-execution-of-skills/>

Full length video for execution of skills to send to your dancers or pull up in class!

Abs

Arms

Back

Core

Full Body

Hip Flexors

Jumps and Leaps

Kicks

Upper Body