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INSTRUCTIONS

FOLLOW ALONG WORKOUT: UPPER BODY

CATEGORIES: Full Workout

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-upper-body/>

Full length video for upper body strength and control. Great for pom motions , turn timing lifts. This workout is a quick one, but it burns the arms and back! Equipment: Band

Arms

Back

Shoulders

Upper Body