

gdfgdg



## ***INSTRUCTIONS***

---

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

**CATEGORIES:** Full Workout

**LEVEL:** Intermediate

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

Full length video for placement and control to send to your dancers or pull up in class! Follow along with the repetitions for a fun workout! Equipment: Band