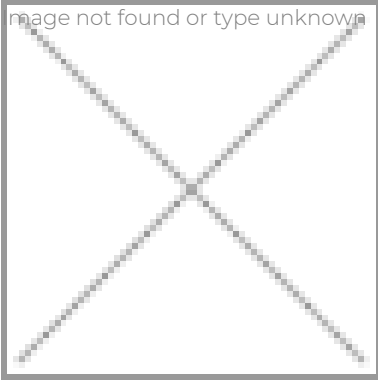


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INSTRUCTIONS

FOLLOW ALONG WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

CATEGORIES: Full Workout

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-full-body-control-and-skill-consistency/>

Full length video for body control and skill consistency. Equipment: Band and yoga block

Full Body