

gdfgdg



# ***INSTRUCTIONS***

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## ***FOLLOW ALONG WORKOUT: UPPER BODY AND CORE***

**CATEGORIES:** Full Workout, Strength

**LEVEL:** Intermediate

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

Full length video for upper body and core. Great for pom motions plus overall placement and control.  
Equipment: Loop Band

Abs

Arms

Back

Chest

Core

Upper Body