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INSTRUCTIONS

FOLLOW ALONG WORKOUT: STRONGER, MORE CONTROLLED SKILLS

CATEGORIES: Full Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

Abs

Back

Chest

Core

Jumps and Leaps

Kicks

Turns

Upper Body