

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: UPPER BODY

CATEGORIES: On Demand Workout, Power, Strength, Warm Up **LEVEL:** Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-upper-body/>

Do this workout as a quick warm up for stronger pom motions, keeping shoulders down for turns and stronger kick hook ups. Equipment: Band

Arms

Back

Chest

Core

Upper Body