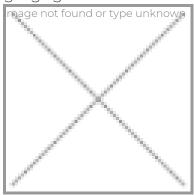
gdfgdg



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