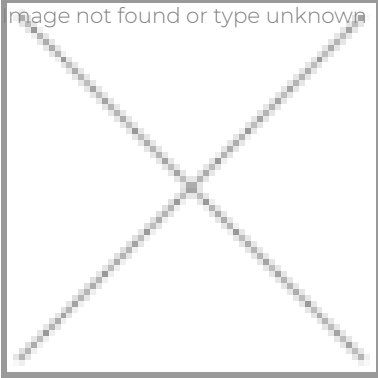


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## ***INSTRUCTIONS***

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### ***FULL LENGTH WORKOUT: STAMINA***

**CATEGORIES:** Endurance, Full Workout, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/full-length-workout-stamina/>

Full Length Workout: Increased Stamina! Equipment: Loop Band

**Full Body**