

gdfgdg



## **INSTRUCTIONS**

---

### **FULL LENGTH WORKOUT: 10 MINUTE CORE BLAST**

**CATEGORIES:** Balance, Full Workout, Power, Strength, Warm Up      **LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

Full Length Workout: 10 Minute Core Blast Equipment: None

Abs

Acrobatics

Core

Turns