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# **INSTRUCTIONS**

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## **FULL LENGTH WORKOUT: CORE ENGAGEMENT**

**CATEGORIES:** Full Workout, Power, Strength, Warm Up

**LEVEL:** Intermediate

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

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

Abs

Core

Turns