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## **INSTRUCTIONS**

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### **FOLLOW ALONG WORK: FULL BODY CIRCUIT**

**CATEGORIES:** Endurance, On Demand Workout, Power, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/follow-along-work-full-body-circuit/>

Work your whole body from head to toe with this circuit. After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

Abs

Ankles

Extension

Full Body

Glutes

Jumps and Leaps

Kicks

Lower Body