

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: ENDURANCE POWER AND CONTROL

CATEGORIES: Balance, On Demand Workout, Power, Strength **LEVEL:** Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-endurance-power-and-control/>

Follow along workout to improve endurance, power and control by combining HIIT training , upper body exercises and compound movements. Equipment needed: Medium to light loop band

Abs

Arms

Back

Core

Full Body

Glutes

Leaps

Lower Body

Shoulders

Turns