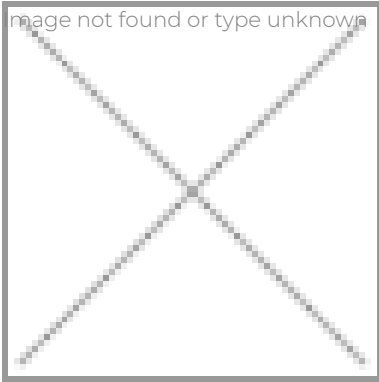


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## **INSTRUCTIONS**

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### **ON DEMAND WORKOUT: PRE-PERFORMANCE WARM UP**

**CATEGORIES:** Endurance, On Demand Workout, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/full-length-workout-pre-performance-warm-up/>

Are you competing or performing today? I'm so thrilled to join you as you prepare your body for a successful performance! We'll cover the three major steps of an effective warm up in less than 10 minutes! Increase your heart rate, improve mobility and engage major muscle groups.

Equipment Needed: Loop Band

**Full Body**