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INSTRUCTIONS

ON DEMAND WORKOUT: FULL BODY CIRCUIT FOR SKILL EXECUTION

CATEGORIES: Endurance, On Demand Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-full-body-circuit-for-skill-execution/>

This workout is hitting the whole body and increasing your cardiovascular and muscle endurance to keep technique clean throughout your whole performance.

Equipment: Loop Band

Back

Core

Full Body

Jumps and Leaps

Lower Body

Turns

Upper Body