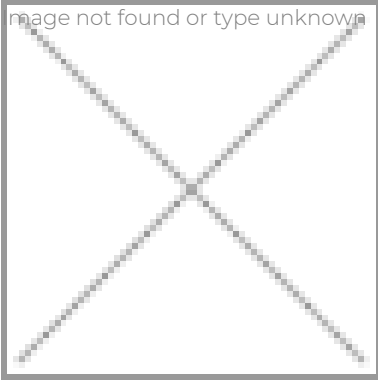


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## **INSTRUCTIONS**

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### **ON DEMAND: EXERCISES FOR SPOTTING**

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/on-demand-exercises-for-spotting/>

Working on spotting? Strengthen the muscles to keep your shoulders down and to help you rotate in one piece with today's workout.

**Equipment needed:** Loop Band

**Back**

**Core**

**Turns**

**Upper Body**