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INSTRUCTIONS

ON DEMAND WORKOUT: FULL BODY CIRCUIT

CATEGORIES: On Demand Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-full-body-circuit/>

This workout can be a warm-up or done multiple times for a full workout to engage the whole body with a specific focus on single leg strength for turn consistency and better extension.

Equipment Needed: Loop Band

Full Body