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INSTRUCTIONS

ON DEMAND WORKOUT: ARMS AND BACK

CATEGORIES: On Demand Workout, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workoutarms-and-back/>

Strengthen your arms, back and upper body for stronger turns, tricks and pom motions. Equipment Needed: Band and yoga block

Acrobatics

Arms

Back

Chest

Upper Body