

gdfgdg



# ***INSTRUCTIONS***

---

## ***ON DEMAND WORKOUT: STRONGER ARMS AND BACK FOR TURNS***

**CATEGORIES:** On Demand Workout, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/on-demand-workout-stronger-arms-and-back-for-turns/>

Increase the strength and power of your arms and back for stronger turns and acro tricks.

Equipment Needed: Mini loop band, optional

Arms

Back

Shoulders

Turns

Upper Body

---