



## ***PLAN DETAILS***

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### ***TIGERETTES***

**CATEGORIES:** Balance, Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/tigerettes/>

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### **AROUND THE WORLD CORE**

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/around-the-world-core/>