

NATIONAL DANCE ACADEMY AGES 7 -11**CATEGORIES:** Not Categorized**LEVEL:** Beginner**EXERCISE COUNT:** 0**URL:** <https://dancer-fitness.com/plan/national-dance-academy-ages-7-11/>

Hi Candice! Here are the exercises I did with the 7 -11 yr old last week! Thank you again for having me!
Exercise 1 -2 across the floor Exercise 3-5, with a band around legs, 25 of each Exercise 6 - 14 were circuits. Do three at a time each one for 35 seconds, rest for 25 seconds. After you get through 3, rest for 2 minutes and move on to the next.
