

## STRENGTH 2

**CATEGORIES:** Balance, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/strength-2/>

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## ELEVATED HEEL TAPS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>