



PLAN DETAILS

MONDAY & SATURDAY

CATEGORIES: Balance, Endurance,
Flexibility, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/monday-saturday/>

LEVEL:

CATEGORY: Not Categorized

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/squat-kicks/>