

ENDURANCE FOLLOW ALONG

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/endurance-follow-along/>

FULL FOLLOW ALONG WORKOUT: ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, Full Workout, Power, Strength

Full length video for endurance to send to your dancers or pull up in class!

Each exercise is 30 seconds with a 20 second break.

Time for more?

Repeat at 40 seconds with a 20 second break.

<https://dancer-fitness.com/exercise/full-follow-along-workout-endurance/>