

FULL ENDURANCE

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 1

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

ON DEMAND WORKOUT: ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, On Demand 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/>