



## ***PLAN DETAILS***

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### ***1ST FEB S&C***

**CATEGORIES:** Balance, Endurance, Full  
Workout, Power, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/1st-feb-sc/>

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### **LEG SWINGS**

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/leg-swings/>