

TEST PLAN

CATEGORIES: Endurance, Flexibility

LEVEL: Advanced

EXERCISE COUNT: 1

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

Just a test here...

BANDED HOVER PUSH BACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-hover-push-back/>