

WARM UP

CATEGORIES: Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/warm-up-6/>

Warm up

FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL

LEVEL: Intermediate

CATEGORY: Full Workout, Strength

Full length video for placement and control to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control/>