

## FULL WORKOUT

**CATEGORIES:** On Demand Workout

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

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

---

## ON DEMAND WORKOUT: PLACEMENT AND CONTROL

**LEVEL:** Intermediate

**CATEGORY:** On Demand 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/>