

BALANCE

CATEGORIES: Balance

LEVEL: Advanced

EXERCISE COUNT: 2

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

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

TICK TOCK HIPS

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>