

TECHNIQUE BUILDING

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 1

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

ON DEMAND WORKOUT: IMPROVED TECHNIQUE

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for technique to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-improved-technique/>