



## ***PLAN DETAILS***

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### ***BAND***

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 3

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

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### **STANDING HIP MARCH**

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

### **DYNAMIC WARM UP SERIES**

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

### **FOLLOW ALONG WORKOUT: EXECUTION OF SKILLS**

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for execution of skills to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-execution-of-skills/>