

BAND

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 3

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

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/>

ON DEMAND WORKOUT: EXECUTION OF SKILLS

LEVEL: Intermediate

CATEGORY: On Demand 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/>