



PLAN DETAILS

POM

CATEGORIES: Endurance

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/pom-2/>

FOLLOW ALONG WORKOUT: UPPER BODY

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for upper body strength and control. Great for pom motions , turn timing lifts. This workout is a quick one, but it burns the arms and back! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body/>