



## ***PLAN DETAILS***

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### ***NINA***

**CATEGORIES:** Balance, Endurance,  
Flexibility

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

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

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### **FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL OF SKILLS**

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for placement and control to send to your dancers or pull up in class! Follow along with the repetitions for a fun workout! Equipment: Band

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