

## SARAH

**CATEGORIES:** Power

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

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

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## BANDED JUMPING JACK

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/banded-jumping-jack/>