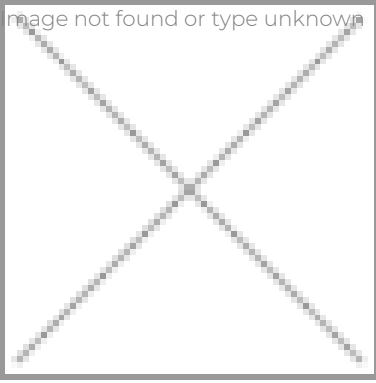


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PLAN DETAILS

STRENGTH TRAINING

CATEGORIES: Balance, Endurance, Flexibility, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 0

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