

LOWER BODY

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 1

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

FOLLOW ALONG WORKOUT: LOWER PLIÉ AND LEG POWER

LEVEL: Intermediate

CATEGORY: Power

Today's training plan This workout is amazing for hip hop dancers who need to get lower and any dancer who needs to use their plié more. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-lower-plie-and-leg-power/>