

## MONDAY

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/monday-3/>

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## 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/>