

WEDNESDAY

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 1

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

ON DEMAND WORKOUT: UPPER BODY AND CORE

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment:
Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>