



PLAN DETAILS

SUMMER WORKOUT

CATEGORIES: Full Workout

LEVEL: Beginner

EXERCISE COUNT: 1

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

For Hannah

FOLLOW ALONG WORKOUT: UPPER BODY AND CORE

LEVEL: Intermediate

CATEGORY: Full 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/>