

## WARM UP

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/warm-up-11/>

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## FOLLOW ALONG WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for body control and skill consistency. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-full-body-control-and-skill-consistency/>