

KATIE

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 2

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

do this this weekend twice

ADVANCED SKATER SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/advanced-skater-squat/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>