

MOLLIE AND TOBY

CATEGORIES: Balance, Endurance, Flexibility, On Demand Workout, Partners, Power, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/mollie-and-toby/>

Wants to become better dancer

CRISS CROSS SQUAT JUMP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/criss-cross-squat-jump/>

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