

SELF

CATEGORIES: Endurance, Full Workout, Strength

LEVEL: Advanced

EXERCISE COUNT: 1

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

Test Run

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/>