

UPPER BODY FOR POM

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/upper-body-for-pom/>

Chest, Lats, Shoulders, Core

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>