



PLAN DETAILS

2022 TRAINING

CATEGORIES: Balance, Endurance, Flexibility, Full Workout, Power, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/2022-training/>

Strength, Flexibility, Mobility

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>