

JRVDT WORKOUT

CATEGORIES: Balance, Endurance, Flexibility, On Demand Workout, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

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

ON DEMAND WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>