

SEPT 12TH-18TH

CATEGORIES: Endurance, Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/sept-12th-18th/>

Endurance and Flexibility

ON DEMAND WORKOUT: INCREASED ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout

Full length video for increased endurance. Simply follow along! Time modifications offered through the video.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-increased-endurance-2/>

FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

LEVEL: Beginner

CATEGORY: Flexibility, On Demand Workout, Strength, Warm Up

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-flexibility/>