
BAND WORK OUTS

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/band-work-outs/>

SINGLE ARM BANDED ROW

LEVEL: Beginner

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/single-arm-banded-row/>

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

BANDED TURN OUT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>