

CORE

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/core-6/>

ON DEMAND WORKOUT: 10 MINUTE CORE BLAST

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>