

10 MIN WARMUP

CATEGORIES: On Demand Workout

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/10-min-warmup/>

ON DEMAND WORKOUT: 10 MINUTE WARM UP

LEVEL: Beginner

CATEGORY: On Demand Workout, Warm Up

Full Length Workout: 10 Minute Warm Up. This is a great one to do before a day of competition!

Equipment: Loop Band

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

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