

TAY

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 3

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

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/one-leg-skip/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/one-leg-skip/>