

CORE

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/core-8/>

Core stability / engagement

ON DEMAND WORKOUT: CORE ENGAGEMENT

LEVEL: Intermediate

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

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>