

WARM UP

CATEGORIES: Full Workout, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/warm-up-17/>

FULL LENGTH WORKOUT: FULL BODY WARM UP & CONDITIONING

LEVEL: Intermediate

CATEGORY: Full Workout, Warm Up

This follow along work out will take you start to finish through a dynamic warm up, stretch and small circuit to prepare you for any practice! Equipment: Loop band

<https://dancer-fitness.com/exercise/full-workout-full-body-warm-up-conditioning/>