

KATIE

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/katie-2/>

Stretch!!!

DYNAMIC BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility

<https://dancer-fitness.com/exercise/dynamic-butterfly-stretch/>

STANDING ABDUCTION BANDED

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-abduction-banded/>