

PCEP UPPER BODY

CATEGORIES: Not Categorized

LEVEL: Advanced

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/pcep-upper-body/>

S&C for arm and upper body

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>