

BACK

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 2

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

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

BANDED SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shoulder-press/>