

FULL BODY FOLLOW ALONG

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/full-body-follow-along/>

FOLLOW ALONG WORK: FULL BODY CIRCUIT

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Work you whole body from head to toe with this circuit.

After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/follow-along-work-full-body-circuit/>