

BALANCE FULL BODY WORKOUT

CATEGORIES: Balance, On Demand
Workout

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/balance-full-body-workout/>

ON DEMAND WORKOUT: BALANCING OUT YOUR WEAK SIDE

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

For dancers who want to turn, jump and execute their skills well on BOTH sides of the body.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-balancing-out-your-weak-side/>