

KENNEDY

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 6

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

drill team/

ON DEMAND WORKOUT: CORE ENGAGEMENT

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength, Warm Up

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>

ON DEMAND WORKOUT: UPPER BODY

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength, Warm Up

Do this workout as a quick warm up for stronger pom motions, keeping shoulders down for turns and stronger kick hook ups. Equipment: Band

<https://dancer-fitness.com/exercise/full-length-workout-upper-body/>

ON DEMAND WORKOUT: 10 MINUTE CORE BLAST

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

ON DEMAND WORKOUT: STRONGER, MORE CONTROLLED SKILLS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

ON DEMAND WORKOUT: UPPER BODY AND CORE

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment:
Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>

ON DEMAND WORKOUT: CORE FOR TURNS

LEVEL: Intermediate

CATEGORY: Strength

With special guest Auti Kamal!

Auti Kamal is a dance instructor and choreographer best known for her YouTube channel, Ti & Me TV.

Learn more about Auti Kamal under **"INSTRUCTIONS"**

Instagram: [@autikamal](#) [@tiandmetv](#) [YouTube](#)

<https://dancer-fitness.com/exercise/full-length-workout-core-for-turns/>