

## ELENA MAMA

**CATEGORIES:** Balance, Flexibility, Power    **LEVEL:** Beginner

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/elena-mama-2/>

Elena

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### PARTNER BALL TOSS AND DEADLIFT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-ball-toss-and-deadlift/>

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