

TRAINING 06.05

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/training-06-05/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>