
90 DAY CHALLENGE FAVES

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/90-day-challenge-faves/>

ON DEMAND WORKOUT: ENDURANCE POWER AND CONTROL

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength

Follow along workout to improve endurance, power and control by combining HIIT training , upper body exercises and compound movements.

Equipment needed: Medium to light loop band

<https://dancer-fitness.com/exercise/full-length-workout-endurance-power-and-control/>

ON DEMAND WORKOUT: BOOTY BURN

LEVEL: Intermediate

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

Improve jump height, extension, supporting leg strength and power when you strengthen the glutes! Pair this workout with a few core exercises and you've got yourself a well rounded workout or warm up for practice.

equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-booty-burn/>