

WEEK 4

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/week-4-2/>

ON DEMAND WORKOUT: 10 MINUTE WARM UP

LEVEL: Beginner

CATEGORY: On Demand Workout, Warm Up

Full Length Workout: 10 Minute Warm Up. This is a great one to do before a day of competition!

Equipment: Loop Band

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

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/>