

SPOTTING

CATEGORIES: Balance, On Demand
Workout

LEVEL: Beginner

EXERCISE COUNT: 1

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

ON DEMAND: EXERCISES FOR SPOTTING

LEVEL: Intermediate

CATEGORY: Balance, Strength

Working on spotting? Strengthen the muscles to keep your shoulders down and to help you rotate in one piece with today's workout.

Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/on-demand-exercises-for-spotting/>