
FALL WEEK 4

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

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

ON DEMAND WORKOUT: UPPER BODY AND CORE

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>

ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES

LEVEL: Intermediate

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band

📺 My camera died before the last two sets of core: please watch [this video](#) for the remainder of the workout.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension-and-longer-lines/>

ON DEMAND WORKOUT: HIP STRENGTH AND BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

Full length video for stronger hips and better extension. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-better-extension/>