

## WARM UP

**CATEGORIES:** Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/warm-up-24/>

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## ON DEMAND WORKOUT: 15 MINUTE FULL BODY

**LEVEL:** Beginner

**CATEGORY:** On Demand Workout, Power, Strength

Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-15-minute-full-body/>