
ENDURANCE

CATEGORIES: Endurance

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://www.dancer-fitness.com/plan/endurance-2>

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://www.dancer-fitness.com/exercise/180-degree-jump>

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized