

WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

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

JUMPING JACKS

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://www.dancer-fitness.com/exercise/jumping-jacks>

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized