



## PLAN DETAILS

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### UPPER BODY WITH BANDS

**CATEGORIES:** Endurance, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/upper-body-with-bands>

Do each exercise for 40 seconds and rest for 20 if doing a circuit. If doing individually follow the repetitions below.

1. 12, 3 times through
2. 12, 3 times through
3. 12, 3 times through
4. 12, 3 times through (each side)
5. 15-20 total, 3 times through
6. 20 total, 3 times through

Abs

arms

back

Core

Full Body

Glutes

Upper Body

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### BANDED SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shoulder-press>

### BANDED BICEP CURL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bicep-curl>

### BANDED LAT PULL DOWN

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-lat-pull-down>

## RENEGADE ROW

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/renegade-row>

## SQUAT AND DRIVE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/squat-and-drive>

## BANDED MOUNTAIN CLIMBER

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-mountain-climber>