



## PLAN DETAILS

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### CORE ADVANCED PLANKING

**CATEGORIES:** Balance, Endurance, Strength, Warm Up

**LEVEL:** Advanced

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/core-advanced-planking>

Planking is a staple exercise that can be done by dancers of any age but when you're looking for a way to challenge your older dancer's core and stability, give this plan a try! If doing a circuit, do each exercise for 30-60 seconds, try to avoid resting between exercises. Rest for 1 minute between rounds. Repeat 3 times total. If doing individually:

1. 60 seconds, 3 times through
2. 10 each side, 3 times through
3. 10 each side, 3 times through
4. 10 total, 3 times through
5. 20 total, 3 times through
6. 10 total, 3 times through

Abs

arms

Core

Full Body

Jumps

Turns

Upper Body

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### PLANK VARIATIONS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/plank-variations>

### PLANK LEG LIFTS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/plank-leg-lifts>

## PLANK SLIDES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/plank-slides>

## PIKE PLANK

**LEVEL:** Intermediate

**CATEGORY:** Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/pike-plank>

## DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/diagonal-mountain-climber-plank-jack>

## TUCK PLANK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/tuck-plank>