



# PLAN DETAILS

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## STRONGER CORE

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

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

Have you begun to notice yet that strengthening your dancer's core can be the catalyst to better extension, more control and straighter legs? Give your dancers all of that and more without a single crunch!

1. 10 reps, 2 times through
2. 12 reps total, 3 times through
3. 12 reps, 3 times through
4. 12 reps, 3 times through
5. 10-12 reps, 3 times through
6. 12 reps total, 3 times through

Abs

back

Core

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## CAT / COW

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow>

## DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack>

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/bridge-slide-out>

## PLANK SLIDES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

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

## COBRA POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cobra-pose>

## ONE LEG V-UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-v-up>