



PLAN DETAILS

STABILIZATION

CATEGORIES: Balance

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/stabilization>

BOWLER SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane>

LUNGE KICK BACK

LEVEL: Beginner

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

<https://dancer-fitness.com/exercise/lunge-kick-back>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe>

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-extend>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

DEADLIFT FLOOR TAP

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/deadlift-floor-tap>

SQUAT SLIDER

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Warm Up

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

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/lunge-twist>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1>