



PLAN DETAILS

MEGAN: STABILITY

CATEGORIES: Balance

LEVEL: Advanced

EXERCISE COUNT: 12

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

HOVER FIRE HYDRANT

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant>

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up>

SIDE PLANK LEG LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

LEVEL:

CATEGORY: Not Categorized

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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