



## ***PLAN DETAILS***

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**3/18**

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/3-18>

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### **ADVANCED ROTATING PLANK**

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### **SUMO SQUAT PULSE**

**LEVEL:** Intermediate

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

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