



## PLAN DETAILS

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### URNS AND CORE

**CATEGORIES:** Balance, Power, Strength, Warm Up **LEVEL:** Beginner

**EXERCISE COUNT:** 7

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

Do each exercise for 60 seconds Rest for 40 seconds between exercises Repeat the circuit 1-3 times.

\*\*Recommend 1 time as a warm up or ending of class. More times if doing a full workout.

Abs

ankles

Core

Turns

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### PASSÉ EXTEND

**LEVEL:** Beginner

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

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

### SIT UP MOUNTAIN CLIMBER

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/sit-up-mountain-climber/>

### ONE LEG V-UP

**LEVEL:** Intermediate

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

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

### HUNDREDS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/hundreds/>

## **PUSH BACK PLANK**

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

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

## **PIKE PLANK**

**LEVEL:** Intermediate

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

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

## **PLANK LEG LIFTS**

**LEVEL:** Beginner

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

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