

CIRCUIT CHALLENGE

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

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

Do each exercise for 60 seconds Rest for 20 seconds between exercises Repeat the circuit 2-3 times.

Abs

Core

Full Body

Glutes

Jumps

kicks

Leaps

Turns

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

BURPEE TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/burpee-tuck-jump/>

WALL SIT

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit/>