

FULL BODY BLAST

CATEGORIES: Balance, Endurance, Partners, Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/full-body-blast-2/>

Do each exercise for 60 seconds Rest for 20 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

Core

Full Body

Glutes

Hips

Jumps

Leaps

Turns

PLANK HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Power, Strength

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

PARTNER PLANK AND SQUAT

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

BURPEE TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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

SIDE PLANK KNEE TUCK

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/side-plank-knee-tuck/>

PARTNER SQUAT HIP THRUST

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

<https://dancer-fitness.com/exercise/partner-squat-hip-thrust/>

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/inch-worm/>

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>