

## SIMLEY VARSITY

**CATEGORIES:** Endurance, Partners, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/simley-varsity/>

November 7th plan

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### PARTNER PLANK AND SQUAT

**LEVEL:** Advanced

**CATEGORY:** Partners, Power, Strength

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

### POWER JACK

**LEVEL:** Intermediate

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

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

### SUMO SQUAT PULSE

**LEVEL:** Intermediate

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

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

### CROSS HOPS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/cross-hops/>

### SLIDE REVERSE LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/slide-reverse-lunge/>

### PLANK LEG LIFTS

**LEVEL:** Beginner

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

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