

## ANKLES AND BALANCE

**CATEGORIES:** Balance, Partners, Power, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/ankles-and-balance/>

If you're doing this as a circuit: Do each exercise for 60 seconds. Rest for 20 seconds between exercises. Repeat the circuit 1-3 times.

Abs

ankles

Core

Glutes

Turns

### LUNGE BURPEE

**LEVEL:** Beginner

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

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

### PARTNER WALL SIT/ HIGH KNEES

**LEVEL:** Intermediate

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

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

### OUTER HIP LIFTS

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/outer-hip-lifts/>

### STRAIGHT LEG HIP FLEXION

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>

### TRICEP PLANK JACK

**LEVEL:** Advanced

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

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

### ONE LEG DEADLIFT

**LEVEL:** Intermediate

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

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

## ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

## PARTNER SPLIT SQUAT

**LEVEL:** Advanced

**CATEGORY:** Balance, Partners, Power, Strength

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

## KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>