



# PLAN DETAILS

---

## ATHLETIC BAND WORKOUT

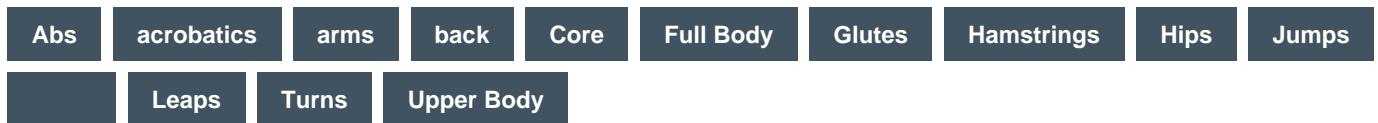
**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/athletic-band-workout/>

Purchase athletic bands from [Amazon](#). I recommend purchasing a whole roll for your dancers and cutting them in 2 feet increments. Do each band exercise 12-20 times. 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.



---

### MODIFIED PUSH UP

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/modified-push-up/>

### BANDED BICEP CURL

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-bicep-curl/>

### BANDED SHOULDER PRESS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-shoulder-press/>

### BANDED LAT PULL DOWN

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

## OUTER HIP LIFTS

**LEVEL:** Intermediate

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

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

## BANDED MONSTER WALKS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-monster-walks/>

## BANDED MOUNTAIN CLIMBER

**LEVEL:** Intermediate

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

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

## SUMO SQUAT PULSE

**LEVEL:** Intermediate

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

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