



## PLAN DETAILS

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### BOOTY BURN

**CATEGORIES:** Endurance, Partners, Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/booty-burn/>

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.

ankles

Glutes

Hamstrings

Hips

Jumps

kicks

Leaps

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### LUNGE BURPEE

**LEVEL:** Beginner

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

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

### ONE LEG DEADLIFT

**LEVEL:** Intermediate

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

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

### 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/>

## **PARTNER PISTOL SQUAT**

**LEVEL:** Intermediate

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

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

## **LUNGE. SQUAT. TWIST**

**LEVEL:** Intermediate

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

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

## **WIDE TO NARROW REVERSE LUNGE**

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/wide-to-narrow-reverse-lunge/>