

SUMMER TRAINING PLAN

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 21

URL: <https://dancer-fitness.com/plan/summer-training-plan/>

Before you jump into a training program

- Schedule time in your week for training. 3 - 4 days for 30 minutes is a great place to start and you can mix and match upper body and lower body exercises at each session.
- Get help from a trainer or online resource if you need extra help with form and ideas.
- Grab a friend to make training more fun!

Repetitions and Sets:

1. Banded shoulder press (15)
2. Side plank rotation (10)
3. Donkey kick burpee (10)
4. Plank high five (12)

REPEAT 3 TIMES

1. Push back plank (8)
2. Bicep curl (15)
3. Tricep plank jack (8)

REPEAT 3 TIMES

1. V-up (8)
2. Boat (30 seconds)
3. Plank leg lifts (12)

REPEAT 3 TIMES

1. Leg lift (15)
2. Banded Mountain climber (12)
3. Hip Drill (12)
4. Sliders (12 each leg)

REPEAT 3 TIMES

1. Bridge (20)
2. Banded monster walk (20)
3. Split lunge jump (12)
4. One Leg Deadlift (12 each leg)

REPEAT 3 TIMES

1. Knee drive (12 each leg)
2. Skater Hop (8 Each Leg)
3. Passe extend. (12 each leg)

*option to come into releve each time REPEAT 3 TIMES

BANDED SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

SIDE PLANK ROTATION

LEVEL: Intermediate

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

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

DONKEY KICK BURPEE

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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

PLANK HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Power, Strength

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

PUSH BACK PLANK

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

BANDED BICEP CURL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

TRICEP PLANK JACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

BOAT POSE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/boat-pose/>

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

HAMSTRING LIFT

LEVEL: Beginner

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/hamstring-lift/>

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

SPLIT LUNGE JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-extend/>