



PLAN DETAILS

UPPER BODY WITH BANDS

CATEGORIES: Endurance, Strength

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/upper-body-with-bands/>

Do each exercise for 40 seconds and rest for 20 if doing a circuit. If doing individually follow the repetitions below.

1. 12, 3 times through
2. 12, 3 times through
3. 12, 3 times through
4. 12, 3 times through (each side)
5. 15-20 total, 3 times through
6. 20 total, 3 times through

Abs

arms

back

Core

Full Body

Glutes

Upper Body

BANDED SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

BANDED BICEP CURL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

RENEGADE ROW

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/renegade-row/>

SQUAT AND DRIVE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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