

LOWER BODY ENDURANCE

CATEGORIES: Endurance, Power

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/lower-body-endurance/>

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

1. 20 each side, 3 times through
2. 10 each side, 3 times through
3. 10 each side, 3-5 times through
4. 20 total, 3-5 times through
5. 20 total, 3-5 times through
6. 10 total, 3-5 times through

ankles

Glutes

Hamstrings

Jumps

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>

DOUBLE LUNGE PRESS

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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

RUNNING MAN BURPEE

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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