

---

## PDC ENDURANCE

**CATEGORIES:** Endurance

**LEVEL:** Advanced

**EXERCISE COUNT:** 26

**URL:** <https://dancer-fitness.com/plan/pdc-endurance/>

---

### DOUBLE LUNGE PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

### PLANK SLIDES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

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

### KNEE HUG

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

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

### SQUAT AND DRIVE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

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

### DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/diagonal-mountain-climber-plank-jack/>

### WIDE TO NARROW REVERSE LUNGE

**LEVEL:** Intermediate

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

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

### LUNGE BURPEE

**LEVEL:** Beginner

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

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

## **PARTNER WALL SIT/ HIGH KNEES**

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-wall-sit-high-knees/>

## **BURPEE TUCK JUMP**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

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

## **PLANK AND HOP**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-and-hop/>

## **POWER JACK**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

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

## **SIT UP MOUNTAIN CLIMBER**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

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

## **STAR BURPEE**

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

## **WIDE TO NARROW SQUAT JUMP**

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

## **CROSS HOPS**

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/cross-hops/>

## **RUNNING MAN BURPEE**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## **JUMPING JACKS**

**LEVEL:** Beginner

**CATEGORY:** Endurance, Warm Up

<https://dancer-fitness.com/exercise/jumping-jacks/>

## SPLIT LUNGE JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## ROTATING SQUAT HOP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

## DONKEY KICK BURPEE

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

## SKATER SQUAT

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

## UP DOWN TUCK JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/up-down-tuck-jump/>

## 180 DEGREE JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

## HALF RUSSIAN

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

## PIKE PLANK

**LEVEL:** Intermediate

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

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

## PLANK SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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