

WATER BOTTLE WORKOUT

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/water-bottle-workout/>

Using their own water bottles as weights and holding them either straight out from their body or tucked into their chest, make this workout a little harder and a lot more fun!

1. Narrow squat pulse: 8-10, 3 times through
2. Shoulder Fly: 8-10, 3 times through
3. Wall sit knee tap: 8-10 reps, each side, 3 times through
4. Tick tock arms: 20 total, 3 times through
5. Calf Raise arm circles: 20 total, 3 times through
6. Lunge twist: 8-10 reps, each side, 3 times through

Abs

ankles

arms

Core

Glutes

Hamstrings

Hips

Upper Body

NARROW SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

SHOULDER FLY

LEVEL: Intermediate

CATEGORY: Warm Up

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

WALL SIT KNEE TAP

LEVEL: Intermediate

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/wall-sit-knee-tap/>

TICK TOCK ARMS

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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