
TECHNIQUE/CONDITIONING – INTERMEDIATE

CATEGORIES: Balance, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/technique-conditioning-intermediate/>

Balance

DEADLIFT FLOOR TAP

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/deadlift-floor-tap/>

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

MOUNTAIN CLIMBER – SLIDER

LEVEL: Beginner

CATEGORY: Balance, Flexibility, Strength, Warm Up

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