



PLAN DETAILS

PARKING LOT POWER

CATEGORIES: Power

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/parking-lot-power/>

If you're practicing outside in a parking lot – you'll want to be sure you're warming up properly for the uneven surfaces. This plan is also a great place to find exercises you can do standing, so you're not covered in gravel and dirt.

1. 10 reps, each side, repeat two times
2. 5 rounds, each side, repeat two times
3. 8-10 reps, each side, repeat two times
4. 10 reps, repeat two times
5. 10 reps, repeat two times

ankles

arms

back

Full Body

Glutes

Hamstrings

Hips

Upper Body

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

LUNGE AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-around-the-world/>

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

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/>