



# PLAN DETAILS

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## CLEANLINESS AND CONTROL

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/cleanliness-and-control/>

Much of your dancer's cleanliness and control comes from the core and the back. When they're able to hold their core and engage their whole back, all skills and lines will look stronger.

1. Banded mountain climber, 20 reps total, 2 times
2. Core leg pulse, 10 reps total, 2 times
3. Plank jack rotation, 10 reps, each side, 2 times
4. Plank shoulder press, 10 reps each, then switch, 2 times
5. Diagonal mountain climber plank jack, 20 reps total, 2 times

Abs

arms

Core

Hips

Turns

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### BANDED MOUNTAIN CLIMBER

**LEVEL:** Intermediate

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

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

### CORE LEG PULSE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/core-leg-pulse/>

### PLANK JACK ROTATION

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Warm Up

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

## PLANK SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**LEVEL:** Advanced

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

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