



# PLAN DETAILS

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## NEW CORE PLAN

**CATEGORIES:** Not Categorized

**LEVEL:** Advanced

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/new-core-plan/>

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### PASSÉ SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

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**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

### V-CROSS CRUNCH

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

### PUSH UP ROW

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/push-up-row/>

**LEVEL:**

**CATEGORY:** Not Categorized

### FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

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

## DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

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

## KNEE HUG

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

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