



# PLAN DETAILS

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## MONDAY WORKOUT

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/monday-workout/>

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### BUTTERFLY SQUAT

**LEVEL:** Beginner

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

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

### WALL SIT JUMP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power

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

### ONE LEG SKIP

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/one-leg-skip/>

### ONE LEG SKIP

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/one-leg-skip/>

### RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>

**LEVEL:**

**CATEGORY:** Not Categorized

## SQUAT AND PUNCH

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## RUNNING MAN BURPEE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/running-man-burpee/>