



## ***PLAN DETAILS***

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### ***TESTING3***

**CATEGORIES:** Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/testing3/>

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#### **PLANK SQUAT PRESS**

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

#### **WALKING LUNGE SQUAT WARM UP**

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/walking-lunge-squat-warm-up/>

**LEVEL:**

**CATEGORY:** Not Categorized

#### **PLANK AROUND THE WORLD**

**LEVEL:** Intermediate

**CATEGORY:** Power

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