



## ***PLAN DETAILS***

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### ***CATHERINE WEEK 3.15***

**CATEGORIES:** Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 0

**URL:** <https://dancer-fitness.com/plan/catherine-week-3-15/>

WarmUp: Jumping jacks, high knees, jog in place, etc. - reach max heart rate Set 1: Do 3 times 1) Clam shell - heavy band - 10 reps each side 2) Frog knee abs - heavy band - 15 reps 3) Plank extend - try 3 lb weights - 10 each leg Set 2: Do 3 times 1) RDLs (dead lifts) - 8 lb weights - 10 each leg 2) Wall sit jumps - heavy band, use your glutes! 10 reps 3) Plank squat press - 5 lb weights, 10 reps Set 3: Do 3 times 1) Walking Lunge Squat - hold 5 lb weights, slow and controlled - 10 forward, 10 in reverse 2) Banded shuffle squat jump - heavy band, large shuffles - 10 reps 3) Banded high releve - go slow focus on maintaining highest releve - 10 reps Arms : Breathe Push Up Challenge - I'll send you song!