
KERSTIN

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 7

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

Hjälpa stärka Kerstins rygg Gör 3-4 om dagen. En minut och vila. Upprepa 2 ggr

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

COBRA POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cobra-pose/>

SIDE PLANK ROTATION

LEVEL: Intermediate

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

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/bow-pose/>

BANDED BACK ROW

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-back-row/>

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>