

## CATHERINE WEEK 3.23

**CATEGORIES:** Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/catherine-week-3-23/>

Warmup: Jumping jacks, high knees, jog in place Set 1: Repeat 3x 1) Calf raise w/ arm circles - hold 5lbs. 10 calf raises 2) Turn Technique Drill - heavy band - 10 each leg 3) Hamstring lift - 8 lb weights on hips - 10x 4) Shiva Squat - 10 each leg Set 2: Repeat 3x 1) Chest Flys - 8lbs. 10x 2) Chest press - 8lbs. 10x 3) Pull overs and skull crusher - 8lbs. 10x Set 3: Repeat 3x 1) Pilates Leg Circles - 10 moves each a. kicks forward b. kicks back c. small circles forward d. small circles back e. big circles forward f. big circles back g. bicycle forward h. bicycle back i. tap, tap and lift 2) Abductor lift - 20 each leg 3) Plank leg lifts - heavy band around calves - 10 each leg CORE: 30 weighted sit-ups

### CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

**LEVEL:**

**CATEGORY:** Not Categorized

### PLANK LEG LIFTS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/plank-leg-lifts/>

### HAMSTRING LIFT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

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

### TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

### SHIVA SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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