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## TESTING 2

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/testing-2-2/>

test

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### UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

### TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### BALANCE CHALLENGE 2

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

### HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

### PIKE SLIDE AND REACH

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/pike-slide-and-reach/>

### BOSU LUNGE TO PASSÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/bosu-lunge-to-passe/>