



PLAN DETAILS

FULL BODY: UNIFORMITY AND PRECISION

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/full-body-uniformity-and-precision/>

This week we're working on the core, glutes and back to dance sharper and cleaner. This way, your team can get from point A to point B quicker so you can improve your team's uniformity and precision. Do the whole plan 2 - 3 times.

1. Inch Worm Push Up (10)
2. Banded Half Squat (10)
3. Banded Shuffle Squat Jump (10 total)
4. Bosu One Leg Plank Push Back (10, each side)
5. Push Up Hover (10)

Full Body

INCH WORM PUSH UP

LEVEL: Intermediate

CATEGORY: Warm Up

<https://dancer-fitness.com/exercise/inch-worm-push-up/>

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shuffle-squat-jump/>

BOSU ONE LEG PLANK PUSH BACK

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-one-leg-plank-push-back/>

PUSH UP HOVER

LEVEL: Advanced

CATEGORY: Power, Strength, Uncategorized, Warm Up

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