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## SUMMER PRACTICE – ENDURANCE AND ARMS

**CATEGORIES:** Endurance, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/summer-practice-endurance-and-arms/>

First practice plan to build endurance and arm strength

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### MOUNTAIN CLIMBER TWIST

**LEVEL:** Beginner

**CATEGORY:** Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-twist/>

### PARTNER SQUAT AND PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Endurance, Partners, Strength

<https://dancer-fitness.com/exercise/partner-squat-and-push-up/>

### DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack/>

### PLANK AND HOP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-and-hop/>

### FAST FEET

**LEVEL:** Beginner

**CATEGORY:** Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>

### PIKE PLANK

**LEVEL:** Intermediate

**CATEGORY:** Balance, Endurance, Power, Strength

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

### STAR BURPEE

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/star-burpee/>

## **SQUAT AND PUNCH**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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