

## WEEK 1

**CATEGORIES:** Balance, Endurance,  
Power, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 18

**URL:** <https://dancer-fitness.com/plan/week-1/>

Summer Workout

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### BOWLER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

### LUNGE AIR PLANE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lunge-air-plane/>

### RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>

### ONE LEG V-UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-v-up/>

### SIDE PLANK KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

### UP DOWN TUCK JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## RUNNING MAN BURPEE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## WALL SIT KNEE TAP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/wall-sit-knee-tap/>

**LEVEL:**

**CATEGORY:** Not Categorized

## SHIVA SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## ADVANCED CURTSY SQUAT

**LEVEL:** Intermediate

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

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

## LOWER AB LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

## BOAT POSE

**LEVEL:** Intermediate

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

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

## INCH WORM PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Warm Up

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

## LUNGE AIR PLANE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lunge-air-plane/>

## LATERAL LUNGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lateral-lunge/>

## SUMO SQUAT PULSE

**LEVEL:** Intermediate

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

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

## NEGATIVE STRADDLE STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/negative-straddle-stretch/>