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## CHLOE STACK

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 40

**URL:** <https://dancer-fitness.com/plan/chloe-stack/>

strength training to improve skill for competition

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### UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

### PUSH UP ROW

**LEVEL:** Advanced

**CATEGORY:** Strength

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

### LUNGE ROW AND TWIST

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>

### PLANK EXTEND AND TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### THIGH TAP

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/thigh-tap/>

### LUNGE AIR PLANE

**LEVEL:** Intermediate

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

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

### SQUAT AND PUNCH

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## WIDE ROW

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/wide-row/>

## RENEGADE ROW

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/renegade-row/>

## BANDED LAT PULL DOWN

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

## BANDED SHOULDER PRESS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-shoulder-press/>

## BANDED BICEP CURL

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-bicep-curl/>

## INCH WORM

**LEVEL:** Intermediate

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

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

## PIKE PLANK

**LEVEL:** Intermediate

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

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

## PLANK LEG LIFTS

**LEVEL:** Beginner

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

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

## PUSH BACK PLANK

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

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

## SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## PLANK SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## BANDED SHUFFLE SQUAT JUMP

**LEVEL:** Intermediate

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

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

## ELEVATED LEG PULSE

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

## WALKING LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/walking-lunge-squat-warm-up/>

## LUNGE KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

## BANDED DONKEY KICK CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-donkey-kick-crunch/>

## TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

## FROG KNEE ABS

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/frog-knee-abs/>

## ADDUCTOR SLIDE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/adductor-slide/>

## DOUBLE HOP SUMO LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/double-hop-sumo-lunge/>

**LEVEL:**

**CATEGORY:** Not Categorized

## SHIVA SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## TICK TOCK HIPS

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>

## MOUNTAIN CLIMBER TWIST

**LEVEL:** Beginner

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

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

## SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power

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

## WALL SIT TOE TAPS

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/wall-sit-toe-taps/>

## WALL SIT KNEE TAP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

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

## WALL SIT KNEE PULSE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

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

## BANDED TRICEP EXTENSION

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/banded-tricep-extension/>

## TICK TOCK ARMS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

## V-CROSS CRUNCH

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch/>

## HUNDREDS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/hundreds/>

## PASSÉ EXTEND

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/passe-extend/>