



# PLAN DETAILS

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## IMPROVE TECHNIQUE ENDURANCE

**CATEGORIES:** Endurance, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/improve-technique-endurance/>

Do each exercise for 40 seconds, rest for 15 and repeat twice!

1. Dead Bug
2. Hip Bridge
3. Lunge Knee Tuck
4. Side Plank Leg Extension
5. Lunge One Leg Deadlift
6. Shuffle Squat Jump

Full Body

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### DEAD BUG

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/dead-bug/>

### HIP BRIDGE

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### LUNGE KNEE TUCK

**LEVEL:** Beginner

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

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

## **SIDE PLANK LEG EXTENSION**

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## **LUNGE ONE LEG DEADLIFT**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

## **BANDED SHUFFLE SQUAT JUMP**

**LEVEL:** Intermediate

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

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