

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

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/>