

## RACHEL ANKLES

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/rachel-ankles/>

Try 10-12 reps 2x through of each starting with the banded releve, then forced arch, then lunge around the world and end with balance challenge. Hope this helps!

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## BALANCE CHALLENGE 2

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

## BANDED HIGH RELEVÉ

**LEVEL:** Advanced

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

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

## FORCED ARCH CURL

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/forced-arch-curl/>

## LUNGE AROUND THE WORLD

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/lunge-around-the-world/>