



PLAN DETAILS

WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/warm-up-2/>

Warm Up for 7/10/2021 1) Lunge Burpees 2) Knee Hug 3) Power Jack 4) Walking Airplane 5) Frog Leg Crunch 6) Walking Airplane 7) Plank Extend and Tuck 1-3 do 40 seconds on 20 seconds rest repeat 2x 4 across the floor 5 do 12x 6 across the floor 7 do 5x each side

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

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

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

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

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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