

15 MINUTE STRENGTH AND ENDURANCE CIRCUIT

CATEGORIES: Endurance, Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/15-minute-strength-and-endurance-circuit/>

Circuit: Monster Walk (40 seconds) 8 Plank Squats

- Rest 20 seconds

Reverse Lunge Squat (40 seconds) 8 Plank Squats

- Rest 20 seconds

Wide to Narrow Squat Jump (40 seconds) 8 Plank Squats

- Rest 2 minutes

Repeat but do 5 plank squats in round two.

ankles

Glutes

Hips

Jumps

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

REVERSE LUNGE SQUAT

LEVEL: Intermediate

CATEGORY: Strength

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

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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