



# PLAN DETAILS

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## ELITE CORE 8.10

**CATEGORIES:** Not Categorized

**LEVEL:** Advanced

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/elite-core-8-10/>

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### SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

### PARTNER PIKE PLANK ADVANCED

**LEVEL:** Advanced

**CATEGORY:** Partners, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-pike-plank-advanced/>

### PARTNER OVER UNDER

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-over-under/>

### SIT UP MOUNTAIN CLIMBER

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/sit-up-mountain-climber/>

### CRUNCH AND PUNCH

**LEVEL:** Intermediate

**CATEGORY:** Partners, Strength

<https://dancer-fitness.com/exercise/crunch-and-punch/>