
STRENGTH & STRETCH

CATEGORIES: Endurance, Power

LEVEL: Advanced

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/strength-stretch-2/>

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

PUSH UP ROW

LEVEL: Advanced

CATEGORY: Strength

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

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

LEVEL:

CATEGORY: Not Categorized

ONE LEG PUSH UP

LEVEL: Advanced

CATEGORY: Strength

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

TRICEP DIP TOE TAP

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

PARTNER ROW

LEVEL: Advanced

CATEGORY: Partners, Strength

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