



## PLAN DETAILS

---

### FITNESS SHEET EXERCISES

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/fitness-sheet-exercises/>

---

#### BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

#### JUMPING JACK LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/jumping-jack-lunge/>

#### PASSÉ SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

#### HALF RUSSIAN

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

#### TRICEP DIP TOE TAP

**LEVEL:** Advanced

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

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

#### FORCED ARCH CURL

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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