
FIRST WEEK OF REGULAR PRACTICE

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/first-week-of-regular-practice/>

PUSH UP HOVER

LEVEL: Advanced

CATEGORY: Power, Strength, Uncategorized, Warm Up

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

FIGURE 8 ABS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

TICK TOCK ARMS

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

BANDED TURN OUT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

BOWLER SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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