



PLAN DETAILS

CORE

CATEGORIES: Strength

LEVEL: Advanced

EXERCISE COUNT: 5

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

LEVEL:

CATEGORY: Not Categorized

PLANK AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Power

<https://dancer-fitness.com/exercise/plank-around-the-world/>

ONE LEG PUSH UP

LEVEL: Advanced

CATEGORY: Strength

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

HOVER FIRE HYDRANT

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant/>

ADVANCED ROTATING PLANK

LEVEL: Intermediate

CATEGORY: Strength

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