
SOLOIST SEPTEMBER

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/soloist-september/>

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

<https://dancer-fitness.com/exercise/mountain-climber-jump-squat/>

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

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

BALANCE CHALLENGE 2

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

AROUND THE WORLD CORE

LEVEL: Advanced

CATEGORY: Endurance, Strength

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

SPEED BAG JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/speed-bag-jump/>

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-knee-lift/>