

15 MINUTE STRENGTH AND ENDURANCE CIRCUIT

CATEGORIES: Endurance, Strength

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/15-minute-strength-and-endurance-circuit-2/>

Do each exercise for 40 seconds. Rest for 20 seconds. After you complete one round, rest for 1-2 minutes. Repeat 3 times.

1. Up Down Hover
2. Jumping Jack Lunge
3. Dolphin Push Ups
4. Lunge Around the World

Full Body

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

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

LUNGE AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Strength

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