

ADVANCED CORE WARM UP

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/advanced-core-warm-up/>

Do each exercise for 30 – 40 seconds. Repeat Twice.

1. Advanced Plank to Hover
2. Side Plank Leg Extension
3. Leg Lower and Pulse

Abs

Core

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

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

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

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

LEG LOWER AND PULSE

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/leg-lower-and-pulse/>