



# PLAN DETAILS

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## BUILDING STRENGTH & ENDURANCE

**CATEGORIES:** Endurance, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/building-strength-endurance/>

Day 1 of week 1 Training plan

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### LUNGE KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-knee-drive/>

### REVERSE LUNGE SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### SIDE PLANK LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

## CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

## SQUAT REVERSE LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Strength

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