

---

## JR STRENGTH CONDITIONING

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/jr-strength-conditioning/>

---

### ADDUCTOR DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### SPIDERMAN PLANK

**LEVEL:** Advanced

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

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

### NEGATIVE PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

### UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

### BANDED BEAR WALK WARM UP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up/>

### PARTNER REVERSE CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Partners, Strength

<https://dancer-fitness.com/exercise/partner-reverse-crunch/>

### PARTNER REVERSE CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Partners, Strength

<https://dancer-fitness.com/exercise/partner-reverse-crunch/>