



# PLAN DETAILS

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## FULL BODY WORK OUT

**CATEGORIES:** Balance, Endurance, Flexibility, Power, Strength, Warm Up

**LEVEL:** Advanced

**EXERCISE COUNT:** 12

**URL:** <https://dancer-fitness.com/plan/full-body-work-out/>

3 rounds of each at 40-60secs with 20 sec rest between.

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## DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/diagonal-mountain-climber-plank-jack/>

## BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

## NEGATIVE PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## ELEVATED HEEL TAPS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

**LEVEL:**

**CATEGORY:** Not Categorized

## ELEVATED CLAM SHELL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-clam-shell/>

## HIP OPENER

**LEVEL:** Beginner

**CATEGORY:** Flexibility

<https://dancer-fitness.com/exercise/hip-opener/>

## DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## BANDED TURN OUT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

## WIDE TO NARROW DOUBLE HOP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-double-hop/>

## LUNGE KICK BACK

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/lunge-kick-back/>

## TURN OUT DRILL

**LEVEL:** Beginner

**CATEGORY:** Warm Up

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