

## SHORT ON TIME

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/short-on-time/>

When you're short on time but need to engage the whole body! Pick one or all three exercises. Do each for 1 minute and repeat 3 times if you can!

1. Dolphin Push Up
2. Side Plank Leg Extension
3. Plank Squat Row

Full Body

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### 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/>

### PLANK SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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