
BANDS

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 13

URL: <https://dancer-fitness.com/plan/bands/>

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-curtsy-squat/>

WIDE TO NARROW DOUBLE HOP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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

ELEVATED CLAM SHELL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shuffle-squat-jump/>

LEVEL:

CATEGORY: Not Categorized

LUNGE ROW AND TWIST

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>

ADVANCED REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

SINGLE ARM BANDED ROW

LEVEL: Beginner

CATEGORY: Power, Strength

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

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

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

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>