
HOWELL CENTRAL SENSATIONS

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 14

URL: <https://dancer-fitness.com/plan/howell-central-sensations/>

Hi Cara and team! Below you'll find your customized training plan designed to improve your endurance and strength for skills like kip ups, turns, pom motions and getting low in your plié. **Exercise 1 - 2 : Dynamic warm up Stretch:** <https://www.youtube.com/watch?v=CwGOHliZWMw&t=383s>

Day 1: Exercise 3 - 8 Round 1: 35 seconds on, 20 seconds rest. Do **5** Burpees after exercise **5**, then rest 2 minutes before going on to exercise 6-8. Rest 2 minutes before going on to round 2. Round 2: 40 seconds on, 20 seconds rest. Do **3** Burpees after exercise **5**, then rest 2 minutes before going on to exercise 6-8.

Day 2 Exercise 9 -14 Round 1: 35 seconds on, 20 seconds rest, Do **5** Burpees after exercise 11, then rest 2 minutes before going on to exercise 12 - 14. Rest 2 minutes before going on to round 2. Round 2: 40 seconds on, 20 seconds rest, Do **3** Burpees after exercise 11, then rest 2 minutes before going on to exercise 12 - 14.

Feel free to split the plan and do one round at the beginning of class without burpees and then repeat at the end of class with burpees. [Here is the link to the exercise videos.](#) Please notice the modifications in the video (-) is how to make it easier, (+) is how to make it harder.

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/jumping-jack-lunge/>

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

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

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

LUNGE, CURL, SQUAT AND PRESS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-curl-squat-and-press/>

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

<https://dancer-fitness.com/exercise/mountain-climber-jump-squat/>

FLUTTER KICK SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

KNEE HUG

LEVEL: Advanced

CATEGORY: Endurance, Strength

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

LATERAL SKIP

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lateral-skip/>

REVERSE LUNGE SQUAT

LEVEL: Intermediate

CATEGORY: Strength

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

DIAGONAL MOUNTAIN CLIMBER PLANK JACK

LEVEL: Advanced

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

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