
BODY WEIGHT EXERCISES

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 13

URL: <https://dancer-fitness.com/plan/body-weight-exercises/>

NEGATIVE PUSH UP

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

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

LEVEL:

CATEGORY: Not Categorized

INCH WORM PUSH UP

LEVEL: Intermediate

CATEGORY: Warm Up

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

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

PARTNER REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

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

DOUBLE HOP SUMO LUNGE

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/double-hop-sumo-lunge/>

MOUNTAIN CLIMBER TWIST

LEVEL: Beginner

CATEGORY: Endurance, Strength, Warm Up

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

DONKEY KICK BURPEE

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/donkey-kick-burpee/>

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

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

WALKING AIRPLANE WARM UP

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

TICK TOCK HIPS

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>