



# PLAN DETAILS

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## SKILL FOCUS: INCREASE ENDURANCE

**CATEGORIES:** Endurance

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/skill-focus-increase-endurance/>

Do each exercise three times for 45 seconds.

1. Fast Feet
2. Squat Jump
3. Tuck Plank
4. Double Lunge Press

Full Body

Jumps

kicks

Leaps

Turns

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### FAST FEET

**LEVEL:** Beginner

**CATEGORY:** Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>

### SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power

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

### TUCK PLANK

**LEVEL:** Advanced

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

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

### DOUBLE LUNGE PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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