



PLAN DETAILS

BACK ENGAGEMENT

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 5

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

BANDED BACK ROW

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

SQUAT REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Strength

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

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

BANDED PLANK AND REACH

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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