



PLAN DETAILS

WARM UP 3

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/warm-up-3-2/>

SIDE LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/side-lunge-squat-warm-up/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/clock-balance-challenge/>

PLANK AND HOP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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