



## PLAN DETAILS

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### UPPER BODY AND CORE CIRCUIT

**CATEGORIES:** Power, Strength, Warm Up **LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/upper-body-and-core-circuit/>

Complete exercise 1- 3. After doing 5 negative push ups, Rest 30 seconds and move in to exercise 4-6. After doing 5 negative push ups rest one – two minutes and repeat.

1. One Leg V Up
2. Banded Bicep Curl
3. Negative Push Up
4. Figure 8 Abs
5. Tick Tock Arms
6. Negative Push Up

Abs

arms

Core

Upper Body

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#### ONE LEG V-UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-v-up/>

#### BANDED BICEP CURL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bicep-curl/>

#### NEGATIVE PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## FIGURE 8 ABS

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>

## TICK TOCK ARMS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## NEGATIVE PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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