

FULL BODY BLAST

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/full-body-blast-3/>

Do each exercise for 40 seconds, Rest for 20 seconds, Repeat 2 -3 times.

1. Hip Bridge
2. Superman Lat Pulldown
3. Elevated Leg Pulse
4. Hamstring Curl
5. Banded Shoulder Press

Abs

ankles

Core

Full Body

Glutes

Hamstrings

Hips

Jumps

kicks

Turns

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

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

HAMSTRING CURL

LEVEL: Beginner

CATEGORY: Strength

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

BANDED SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shoulder-press/>