



# PLAN DETAILS

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## WORKOUT TURNS

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 19

**URL:** <https://dancer-fitness.com/plan/workout-turns/>

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## CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

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

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

## BANDED CURTSY SQUAT

**LEVEL:** Intermediate

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

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

## SPIDERMAN PLANK

**LEVEL:** Advanced

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

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

## SQUAT REVERSE LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## ELEVATED HEEL TAPS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

## ADVANCED PLANK TO HOVER

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

## REVERSE LUNGE SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## LUNGE ONE LEG DEADLIFT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

## BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## SIDE LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## ADVANCED ROTATING PLANK

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

## PUSH UP HOVER

**LEVEL:** Advanced

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

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

## SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

## WALKING LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## LUNGE KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-knee-drive/>

## TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

## FROG KNEE ABS

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/frog-knee-abs/>