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## ARMS/SHOULDERS/BACK

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/arms-shoulders-back/>

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### BANDED PLANK AND REACH

**LEVEL:** Advanced

**CATEGORY:** Strength

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

### PUSH UP ROW

**LEVEL:** Advanced

**CATEGORY:** Strength

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

### LUNGE ROW AND TWIST

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>

### SHOULDER FLY

**LEVEL:** Intermediate

**CATEGORY:** Warm Up

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

### BANDED LAT PULL DOWN

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

### FOLLOW ALONG WORKOUT: UPPER BODY AND CORE

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>