



PLAN DETAILS

BURN LIKE THE SUN

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/burn-like-the-sun/>

Stuff

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

LEVEL:

CATEGORY: Not Categorized

DUCK WALK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/duck-walk/>

LUNGE KICK BACK

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-kick-back/>