

STRENGTH PLAN

CATEGORIES: Endurance, Power,
Strength

LEVEL: Intermediate

EXERCISE COUNT: 0

URL: <https://dancer-fitness.com/plan/strength-plan/>

Strength work out Spider man plank- 10(each side) Jumping Jack lunge- 10(each side) Advanced plank to hover- 10 Super man lat pull down- 15 Abductor- 20 pulses (each side) repeat twice
