
BALANCE-MONDAY B

CATEGORIES: Balance

LEVEL: Advanced

EXERCISE COUNT: 16

URL: <https://dancer-fitness.com/plan/balance-monday-b/>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane/>

NARROW SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/narrow-squat-pulse/>

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>

FORCED ARCH CURL

LEVEL: Advanced

CATEGORY: Balance, Strength

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

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

LATERAL SLIDE

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lateral-slide/>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>

BOSU BALL TOE TAPS

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-ball-toe-taps/>

BOSU BALL DEADLIFT

LEVEL: Advanced

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>

LEVEL:

CATEGORY: Not Categorized

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/cross-hops/>

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-extend/>