
ENDURANCE-TUESDAY B

CATEGORIES: Endurance

LEVEL: Advanced

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/endurance-tuesday-b/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

PLANK JACK ROTATION

LEVEL: Intermediate

CATEGORY: Endurance, Warm Up

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

LUNGE BURPEE

LEVEL: Beginner

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

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

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/power-jack/>

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>

DONKEY KICK BURPEE

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/donkey-kick-burpee/>

UP DOWN TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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