
POWER & STRENGTH—THURSDAY A

CATEGORIES: Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 16

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

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shuffle-squat-jump/>

LEVEL:

CATEGORY: Not Categorized

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/frog-knee-abs/>

GLUTE CIRCLES

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/glute-circles/>

TRICEP DIP TOE TAP

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

HIP BRIDGE ADVANCED

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/hip-bridge-advanced/>

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

CORE LEG PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-mountain-climber/>

TRICEP PLANK JACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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