



# PLAN DETAILS

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## POWER & STRENGTH-FRIDAY A

**CATEGORIES:** Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 16

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

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### ADDUCTOR DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### SIDE PLANK LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/side-plank-leg-extension/>

### ADVANCED ROTATING PLANK

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

### ELEVATED LEG PULSE

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### BALANCE CHALLENGE 2

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

## BANDED PLANK AND REACH

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>

## ABDUCTOR LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## BANDED DONKEY KICK CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## BOSU ONE LEG PLANK PUSH BACK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-one-leg-plank-push-back/>

## PINWHEEL PLANK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## BOSU SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

**LEVEL:**

**CATEGORY:** Not Categorized

**LEVEL:**

**CATEGORY:** Not Categorized

## ONE LEG PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength

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