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## POWER & STRENGTH–FRIDAY B

**CATEGORIES:** Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 16

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

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### SIDE PLANK LEG LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### SHIVA SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### TICK TOCK HIPS

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>

### PLANK SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### FORCED ARCH CURL

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

### STRAIGHT KNEE LIFT

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

### HAMSTRING CURL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

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

## LATERAL LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Flexibility, Strength, Warm Up

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

**LEVEL:**

**CATEGORY:** Not Categorized

## V-CROSS CRUNCH

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## PASSÉ SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

## 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/>

**LEVEL:**

**CATEGORY:** Not Categorized

## SIDE PLANK KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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