



# PLAN DETAILS

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## WEEKEND-A

**CATEGORIES:** Balance, Endurance, Flexibility, Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 18

**URL:** <https://dancer-fitness.com/plan/weekend-a/>

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### LUNGE KNEE TUCK

**LEVEL:** Beginner

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

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

### TUCK PLANK

**LEVEL:** Advanced

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

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

### FORCED ARCH CURL

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

### CROSS HOPS

**LEVEL:** Beginner

**CATEGORY:** Balance, Endurance, Power, Strength

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

### HALF RUSSIAN

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

### ROTATING SQUAT HOP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

## PLANK JACK ROTATION

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Warm Up

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

## HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

## FIGURE 4 STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

## HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## LATERAL LUNGE

**LEVEL:** Intermediate

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

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

## TURN OUT AND CORE DRILL

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

## JUMPING JACK STEP OUT

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/jumping-jack-step-out/>

## FROG KNEE ABS

**LEVEL:** Advanced

**CATEGORY:** Power, Strength, Warm Up

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

## SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power

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

## TURN OUT AND CORE DRILL

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

## ELEVATED CLAM SHELL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-clam-shell/>

## BANDED TURN OUT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>