

CORE BURN

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/core-burn/>

1. Lateral Bear Walk (12 to the right, 12 to the left)
2. Up Down Hover (8 – 10)
3. Elevated Leg Pulse (12)
4. Side Plank Leg Lift (20 – 30 seconds each side)

Repeat.

Abs

Core

Turns

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

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

SIDE PLANK LEG LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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