



PLAN DETAILS

BALANCE AND SUPPORTING LEG

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/balance-and-supporting-leg/>

1. Calf Raise Arm Circles
2. Butterfly Squat
3. Lunge Knee Drive
4. Reverse Lunge
5. Side Plank Leg Lift
6. Lunge Row and Twist

Do 10-12 reps (on each side). Repeat 2-3 times.

ankles

Glutes

Hamstrings

Hips

Turns

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

BUTTERFLY SQUAT

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

LUNGE KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

SIDE PLANK LEG LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

LUNGE ROW AND TWIST

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>