

JV FEBRUARY

CATEGORIES: Balance, Flexibility, Power **LEVEL:** Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/jv-february/>

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

BANDED BRIDGE STEP OUT

LEVEL: Intermediate

CATEGORY: Power, Strength

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