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## POM 17 FEB

**CATEGORIES:** Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/pom-17-feb/>

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### SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power

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

### BANDED HIGH RELEVÉ

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/banded-high-releve/>

### HALF RUSSIAN

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

### UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

### SIDE PLANK LEG LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### HAMSTRING STRETCH (ADVANCED)

**LEVEL:** Beginner

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

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

### PUSH BACK PLANK

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

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