



PLAN DETAILS

POSTURE

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 4

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

This training plan is also good for increased sharpness. Perform 12 – 20 of each. Repeat twice.

1. Lateral Bear Walk
2. Turn Out and Core Drill
3. Superman Lat Pull Down
4. Dolphin Push Up

Core

Jumps

Leaps

Turns

Upper Body

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>