



PLAN DETAILS

S&C

CATEGORIES: Endurance, Power

LEVEL: Advanced

EXERCISE COUNT: 9

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

UP DOWN TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

NEGATIVE PUSH UP

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

ADVANCED ROTATING PLANK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-rotating-plank/>

TUCK PLANK

LEVEL: Advanced

CATEGORY: Balance, Endurance, Strength, Warm Up

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

HIP BRIDGE ADVANCED

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/hip-bridge-advanced/>

DONKEY KICK BURPEE

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/donkey-kick-burpee/>

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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