



# PLAN DETAILS

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## WEDNESDAY WORKOUT

**CATEGORIES:** Endurance

**LEVEL:** Intermediate

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/wednesday-workout/>

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### BANDED CURTSY SQUAT

**LEVEL:** Intermediate

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

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

### SKATER SQUAT

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

### BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

### LATERAL SKIP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

### ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

### WALKING PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>

## LEG LOWER AND PULSE

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/leg-lower-and-pulse/>

## FIGURE 8 ABS

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>