
THURSDAY WORKOUT

CATEGORIES: Endurance

LEVEL: Intermediate

EXERCISE COUNT: 9

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

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

REVERSE LUNGE BICEP CURL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/reverse-lunge-bicep-curl/>

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

LUNGE, CURL, SQUAT AND PRESS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-curl-squat-and-press/>

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

LUNGE KICK BACK

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-kick-back/>