
CARDIO + ABS

CATEGORIES: Endurance

LEVEL: Intermediate

EXERCISE COUNT: 9

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

SPLIT LUNGE JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

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

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

WIDE TO NARROW DOUBLE HOP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-double-hop/>

UP DOWN TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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