



# PLAN DETAILS

---

## MONDAY

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/monday-2/>

---

### FOLLOW ALONG WORKOUT: IMPROVED TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for technique to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-improved-technique/>

### FOLLOW ALONG WORKOUT: UPPER BODY

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for upper body strength and control. Great for pom motions , turn timing lifts. This workout is a quick one, but it burns the arms and back! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body/>

### FULL FOLLOW ALONG WORKOUT: CORE

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

<https://dancer-fitness.com/exercise/full-follow-along-workout-core/>

### FOLLOW ALONG WORKOUT: HIP FLEXIBILITY

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

---