

LOWER BODY WITH BANDS

CATEGORIES: Endurance, Strength

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/lower-body-with-bands/>

No bands? No problem, these exercises can all be done without bands too. After the dynamic warm up, do each exercise in a circuit and repeat twice. After completing the first 3 exercises, take a 1 – 2 minute break and finish the last three exercises. Dynamic Warm Up Series (5) Banded Dead Bug (20) Jumping Jack Step Out (20) Standing Hip March (20) 180 Degree Jump (10) Banded Curtsy Squat (20) Wide to Narrow Double Hop (10)

Abs

Core

Glutes

Hamstrings

Hips

Jumps

kicks

Leaps

Turns

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

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

JUMPING JACK STEP OUT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength, Warm Up

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

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

WIDE TO NARROW DOUBLE HOP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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