

20 MINUTE FULL BODY

CATEGORIES: Endurance

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/20-minute-full-body-2/>

If you're looking for a great circuit to begin your summer practices, this is it!

Do each exercise for 40 seconds, rest for 20. Rest for 2 minutes after exercise 4. Rest for 2 minutes after exercises 8. Repeat all.

1. Banded Jumping Jack
2. Mountain Climber Knee Tuck
3. Skater Squat
4. One Leg V-Up
5. Monster Hip Strength
6. Reverse Lunge Squat
7. Advanced Rotating Plank
8. Jumping Jack Lunge

Full Body

BANDED JUMPING JACK

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Uncategorized, Warm Up

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

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

ADVANCED ROTATING PLANK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-rotating-plank/>

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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