

10 MINUTE CORE BLAST

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/10-minute-core-blast/>

This plan is the perfect warm up to any class! Break into partners and have half the team doing one of the exercises and then Switch. Doing it on your own? Do each exercise for 30 seconds, rest for 20 and alternate.

Repeat 2-3 times

1. Spiderman Plank
2. Scissor Slice Abs
3. Plank Pike Slide
4. Frog Knee Abs

Abs

Core

Hip Flexors

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

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

PLANK PIKE SLIDE

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-pike-slide/>

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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