

CORE A

CATEGORIES: Endurance, Strength

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/core-and-extension/>

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

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