



# PLAN DETAILS

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## STRENGTH FOR AERIALS

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/strength-for-aerials/>

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### DONKEY KICK BURPEE

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/donkey-kick-burpee/>

### TURN OUT AND CORE DRILL

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

### ELEVATED CLAM SHELL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-clam-shell/>

### ONE LEG SKIP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Warm Up

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

### SQUAT AND PUNCH

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

### ADDUCTOR LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

## HIP LIFT DRILL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

## ONE LEG DEADLIFT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength, Warm Up

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