



# PLAN DETAILS

---

## URNS 2

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/turns-2-2/>

---

## UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/up-down-plank-push-up/>

## COMBO – PLANK VARIATIONS

**LEVEL:** Beginner

**CATEGORY:** Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

**Featured Exercises:** [Plank Variations](#), [Plank Slides](#), [Plank Leg Lifts](#)

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

## UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

## TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

## ELEVATED HEEL TAPS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

## **KNEE DRIVE**

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

## **PLANK SHOULDER PRESS**

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## **PLANK HIGH FIVE**

**LEVEL:** Beginner

**CATEGORY:** Partners, Power, Strength

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

## **HUNDREDS**

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/hundreds/>

## **PASSÉ EXTEND**

**LEVEL:** Beginner

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

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