



# PLAN DETAILS

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## CLASS 1

**CATEGORIES:** Flexibility, Full Workout, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/class-1/>

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### FOLLOW ALONG WORKOUT: HIP FLEXIBILITY

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

### PARTNER PISTOL SQUAT

**LEVEL:** Intermediate

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

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

### ADVANCED SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Partners, Strength

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

### FOLLOW ALONG WORKOUT: UPPER BODY AND CORE

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>

### FOLLOW ALONG WORKOUT: HIGHER RELEVÉ

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>