
SAUKETTE SUMMER WORKOUTS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 13

URL: <https://dancer-fitness.com/plan/saukette-summer-workouts/>

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SUMO SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/sumo-squat-pulse/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

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

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

UP DOWN PLANK PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

TRICEP DIP TOE TAP

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

<https://dancer-fitness.com/exercise/mountain-climber-jump-squat/>