



# PLAN DETAILS

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## CHEER CONDITIONING

**CATEGORIES:** Flexibility, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/cheer-conditioning/>

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### HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### LOW BACK STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/low-back-stretch/>

### SUPERMAN LAT PULLDOWN

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### BALANCE CHALLENGE: 1

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/balance-challenge-1/>

### SPIDERMAN PLANK

**LEVEL:** Advanced

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

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

### BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

## LUNGE AIR PLANE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lunge-air-plane/>

## PLANK HIGH FIVE

**LEVEL:** Beginner

**CATEGORY:** Partners, Power, Strength

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

## LATERAL BEAR WALK

**LEVEL:** Intermediate

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

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

## PARTNER LEG THROW

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-leg-throw/>