



# PLAN DETAILS

---

## ALYSSA

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

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

For Stronger External Rotation Do each exercise for 40 seconds and rest for 20 seconds in between. Repeat circuit 2 times.

---

### ADVANCED CLAM SHELL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### STANDING HIP MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

### HALF PIGEON STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### TURN OUT AND CORE DRILL

**LEVEL:** Intermediate

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

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

### HAMSTRING CURL

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/hamstring-curl/>

## LATERAL LUNGE

**LEVEL:** Intermediate

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

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