



# PLAN DETAILS

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## WEEK 3

**CATEGORIES:** Full Workout

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/week-3/>

4 days of training

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### 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: PLACEMENT AND CONTROL OF SKILLS

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for placement and control to send to your dancers or pull up in class! Follow along with the repetitions for a fun workout! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control-of-skills/>

### FULL FOLLOW ALONG WORKOUT: JUMPS

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Power, Strength

Full length video for Jumps to send to your dancers or pull up in class! Each exercise is 20 seconds with a 20 second break. Time for more? Repeat at 30 seconds with a 20 second break.

<https://dancer-fitness.com/exercise/full-follow-along-workout-jumps/>

### FOLLOW ALONG WORKOUT: GLUTE STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Strength

Full length video for glute strength. Have your dancers use this as a warm up or pick it apart for pre turning and pre

jumping exercises. Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>