

WALL SIT WARMUP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/wall-sit-warmup/>

WALL SIT TOE TAPS

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit-toe-taps/>

WALL SIT JUMP

LEVEL: Advanced

CATEGORY: Endurance, Power

<https://dancer-fitness.com/exercise/wall-sit-jump/>

LUNGE BURPEE

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength, Warm Up

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

WALL SIT TOE TAPS

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit-toe-taps/>

PARTNER WALL SIT / PLANK

LEVEL: Advanced

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

<https://dancer-fitness.com/exercise/partner-wall-sit-plank/>

PARTNER WALL SIT/ HIGH KNEES

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-high-knees/>

WALL SIT

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit/>
