



# PLAN DETAILS

---

## DAY 1 – G B C A F

**CATEGORIES:** Balance, Flexibility, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 19

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

---

### BALANCE CHALLENGE: 1

**LEVEL:** Beginner

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

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

### ELEVATED HEEL TAPS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

### ADVANCED CLAM SHELL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### HOVER PLANK KICK BACK

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

### SUPERMAN LAT PULLDOWN

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### 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/>

## FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

## PLANK CROSS OVER

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## BANDED DEAD BUG

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

## WIDE ROW

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## SHOULDER FLY

**LEVEL:** Intermediate

**CATEGORY:** Warm Up

<https://dancer-fitness.com/exercise/shoulder-fly/>

## SQUAT AND PUNCH

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

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

## ELEVATED HEEL TAPS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

## BOWLER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## COMBO – SIDE PLANK COMBO

**LEVEL:** Advanced

**CATEGORY:** Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

**Featured Exercises:** [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

## BANDED BRIDGE STEP OUT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/banded-bridge-step-out/>

## PARTNER LEG THROW

**LEVEL:** Intermediate

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

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