



# PLAN DETAILS

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## RECORD 1

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/record-1/>

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### UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/up-down-plank-push-up/>

### KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

### 180 DEGREE JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

### CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

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

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

### SUPERMAN LAT PULLDOWN

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### ADDUCTOR DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

## UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

## HIP BRIDGE

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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