



# PLAN DETAILS

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## RECORD 4

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 14

**URL:** <https://dancer-fitness.com/plan/record-4/>

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### PUSH UP DOWN DOG

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Strength

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

### ADVANCED SKATER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### PLANK JACK DIP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-jack-dip/>

### MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>

### SEATED HIP STRENGTH DRILL 1

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

### ONE LEG V-UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-v-up/>

## LATERAL BEAR WALK

**LEVEL:** Intermediate

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

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

## TURN OUT AND CORE DRILL

**LEVEL:** Intermediate

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

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

## JUMPING JACK STEP OUT

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/jumping-jack-step-out/>

## BANDED CURTSY SQUAT

**LEVEL:** Intermediate

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

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

## ELEVATED CLAM SHELL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## LATERAL SKIP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>