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## RECORD 7

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 41

**URL:** <https://dancer-fitness.com/plan/record-7/>

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### ADVANCED CLAM SHELL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### ADVANCED PUSH UP SERIES

**LEVEL:** Advanced

**CATEGORY:** Strength

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

### ROPE CLIMB CORE

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

### HOVER PLANK KICK BACK

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

### CRISS CROSS SQUAT JUMP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/criss-cross-squat-jump/>

### SPIDERMAN PLANK

**LEVEL:** Advanced

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

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

### WIDE TO NARROW DOUBLE HOP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-double-hop/>

## ADVANCED PLANK TO HOVER

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

## PUSH UP HOVER

**LEVEL:** Advanced

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

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

## SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

## BANDED PLANK AND REACH

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>

## PUSH UP ROW

**LEVEL:** Advanced

**CATEGORY:** Strength

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

## BOSU ONE LEG PLANK PUSH BACK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-one-leg-plank-push-back/>

## FROG KNEE ABS

**LEVEL:** Advanced

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

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

## PINWHEEL PLANK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## BOSU SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## LEG LOWER AND PULSE

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/leg-lower-and-pulse/>

## WIDE TO NARROW PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-push-up/>

## ONE LEG PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength

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

## FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

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

## BANDED HIGH RELEVÉ

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/banded-high-releve/>

## THIGH TAP

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/thigh-tap/>

## ADVANCED PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength

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

## HOVER FIRE HYDRANT

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant/>

## DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

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

## TUCK PLANK

**LEVEL:** Advanced

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

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

## TRICEP DIP TOE TAP

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

## STRAIGHT KNEE LIFT

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

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

## DOUBLE LUNGE PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

## HIP BRIDGE ADVANCED

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

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

## HIP BRIDGE ADVANCED

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

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

## KNEE HUG

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

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

## V-CROSS CRUNCH

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch/>

## PASSÉ SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

## DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/diagonal-mountain-climber-plank-jack/>

## TRICEP PLANK JACK

**LEVEL:** Advanced

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

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

## **BOSU BALL TOE TAPS**

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/bosu-ball-toe-taps/>

## **DONKEY KICK BURPEE**

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

## **HALF RUSSIAN**

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

## **PUSH BACK PLANK**

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

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