
SENIOR FACTOR BACK/CORE

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/senior-factor-back-core/>

PARTNER OVER UNDER

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/partner-over-under/>

PARTNER OVER UNDER

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/partner-over-under/>

BURPEE TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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

PARTNER WALL SIT/ HIGH KNEES

LEVEL: Intermediate

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

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

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

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

BANDED HOVER PUSH BACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

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

ADVANCED PUSH UP SERIES

LEVEL: Advanced

CATEGORY: Strength

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

ADVANCED PUSH UP SERIES

LEVEL: Advanced

CATEGORY: Strength

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

ADVANCED REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>