



## ***PLAN DETAILS***

---

### ***BEG HH STRENGTH***

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/beg-hh-strength/>

---

### **UP DOWN PLANK PUSH UP**

**LEVEL:** Beginner

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

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

### **180 DEGREE JUMP**

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

### **LUNGE BURPEE**

**LEVEL:** Beginner

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

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

### **PLANK HIGH FIVE**

**LEVEL:** Beginner

**CATEGORY:** Partners, Power, Strength

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