



PLAN DETAILS

RECORD 9

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 11

URL: <https://dancer-fitness.com/plan/record-8-2/>

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

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

COSSACK SQUAT

LEVEL: Beginner

CATEGORY: Strength

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/advanced-pigeon-stretch/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

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

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

PLANK AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Power

<https://dancer-fitness.com/exercise/plank-around-the-world/>

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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

FULL BODY WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/full-body-warm-up/>