
CORE STRENGTH AND STABILITY

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/core-strength-and-stability/>

Training more than just the core, this workout challenged major muscles like the glutes and hips for single leg stability and overall power and control.

- Hover Plank Kick Back (10, each side)
- Rope Climb Core (10 total)
- Mountain Climber Knee Tuck (20 total)

Repeat 3 times.

Abs

Core

Glutes

Hips

Turns

Upper Body

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

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

ROPE CLIMB CORE

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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