

10 MINUTE FULL BODY

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/10-minute-full-body-3/>

Do this training plan as a circuit – each exercise for 40 seconds, rest for 20. Rest one minute and Repeat Once More.

- Banded Curtsy squat
- Jump Squat Row
- One Leg V Up
- Banded Jumping Jack
- Negative Push Up

Full Body

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

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

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

BANDED JUMPING JACK

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Uncategorized, Warm Up

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

NEGATIVE PUSH UP

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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