
LOWER BODY

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/lower-body-3/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

DUCK WALK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/duck-walk/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

BUTTERFLY SQUAT

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

PARTNER LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

SQUAT HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Strength

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