
LYRICAL SEPT 21

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/lyrical-sept-21/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

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

LATERAL SKIP

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lateral-skip/>

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>