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## FLARE/ILLUMINATE/BEAM 9/28

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/flare-illuminate-beam-9-28/>

Hips/Cardio

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### ON DEMAND WORKOUT: STAMINA

**LEVEL:** Intermediate

**CATEGORY:** Endurance, On Demand Workout, Warm Up

Full Length Workout: Increased Stamina! Equipment: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-stamina/>

### WIDE TO NARROW DOUBLE HOP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-double-hop/>

### BANDED CURTSY SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

### STANDING HIP MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### WALKING AIRPLANE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/walking-airplane-warm-up/>

### JUMPING JACK STEP OUT

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength, Warm Up

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

## **BANDED DEAD BUG**

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

## **BANDED TURN OUT DRILL**

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>

## **HIP OPENER**

**LEVEL:** Beginner

**CATEGORY:** Flexibility

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

## **ASSISTED SPLITS**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/assisted-splits/>