

KNEES

CATEGORIES: Not Categorized

LEVEL: Advanced

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/knees/>

DONKEY KICK BURPEE

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/donkey-kick-burpee/>

TRICEP DIP TOE TAP

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

FORCED ARCH CURL

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/forced-arch-curl/>