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## ARMS

**CATEGORIES:** Not Categorized

**LEVEL:** Advanced

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/arms-2/>

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### PUSH BACK PLANK

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

### BANDED TRICEP EXTENSION

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/banded-tricep-extension/>

### DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack/>

### FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

### ADVANCED PLANK TO HOVER

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

### BANDED PLANK AND REACH

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>

### BANDED HOVER PUSH BACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/banded-hover-push-back/>

# FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>