

## BALANCE FOCUS

**CATEGORIES:** Balance

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/balance-focus/>

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## ON DEMAND WORKOUT: 10 MINUTE CORE BLAST

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

## ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

## HOVER PLANK KICK BACK

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

## BANDED HOVER PUSH BACK

**LEVEL:** Advanced

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

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

## PLIÉ ROND DE JAMBE

**LEVEL:** Advanced

**CATEGORY:** Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>