

JDA

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 3

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

BANDED SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

TUCK PLANK

LEVEL: Advanced

CATEGORY: Balance, Endurance, Strength, Warm Up

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