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## WEEK 3

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/week-3-2/>

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### ADVANCED REVERSE CRUNCH

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

### COMBO – SHOULDERS AND CORE

**LEVEL:** Intermediate

**CATEGORY:** Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

**Featured Exercises:** [Banded Plank and Reach](#), [Modified Push Up](#), [Down Dog Jack](#)

<https://dancer-fitness.com/exercise/combo-shoulders-and-core/>

### PUSH UP DOWN DOG

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Strength

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

### JUMP SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>

### MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>