

## 12 MINUTE FULL BODY

**CATEGORIES:** Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/12-minute-full-body-3/>

Perform each exercise for 30 – 40 seconds, resting for 20 seconds. Rest 1 minute and repeat once or twice more. Lateral Bear Walk Ankle Strength Drill Push Up Down Dog Elevated Clam Shell Advanced Skater Squat

Full Body

### LATERAL BEAR WALK

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

### PUSH UP DOWN DOG

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Strength

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

### ELEVATED CLAM SHELL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-clam-shell/>

### ADVANCED SKATER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/advanced-skater-squat/>