

CORE AND GLUTE BURN

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/core-and-glute-burn/>

20 of each! Repeat 2- 3 times. Banded Half Squat Elevated Leg Pulse Reverse Lunge Bosu One Leg Plank Push Back

Core

Glutes

Hips

Turns

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/banded-half-squat/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

BOSU ONE LEG PLANK PUSH BACK

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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