
CORE STRENGTH

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 13

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

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

PLANK SLIDE AND CROSS

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-slide-and-cross/>

ADVANCED REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

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/>

ROPE CLIMB CORE

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

ON DEMAND WORKOUT: CORE ENGAGEMENT

LEVEL: Intermediate

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

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>

ON DEMAND WORKOUT: CORE

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

<https://dancer-fitness.com/exercise/full-follow-along-workout-core/>

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

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

BOSU PLANK KNEE TWIST

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-plank-knee-twist/>

PARTNER REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

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

PLANK CROSS OVER

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

FIGURE 8 ABS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>