

## CORE

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/core-9/>

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### DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

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

### MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### ROPE CLIMB CORE

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

### HOVER GLUTE KICK BACK

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/hover-glute-kick-back/>