

## 2. JAN. 2ND MONDAY WORKOUT

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/jan-2nd-monday-workout/>

Shoulders 50 secs on 15 secs off (3 sets)

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### PLANK JACK DIP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-jack-dip/>

### COMBO – TRICEP DIP

**LEVEL:** Beginner

**CATEGORY:** Full Workout, 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 in this combo:**

[Tricep Dip Toe Tap](#)

<https://dancer-fitness.com/exercise/combo-tricep-dip/>

### SQUAT REVERSE LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### BANDED BACK ROW

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-back-row/>

### BANDED TRICEP EXTENSION

**LEVEL:** Advanced

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-tricep-extension/>

## FORCED ARCH CURL

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/forced-arch-curl/>

## TICK TOCK ARMS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

## BANDED BICEP CURL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bicep-curl/>