

## CORE

**CATEGORIES:** Balance

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/core-12/>

---

## SINGLE LEG DEADLIFT DIRECTION CHALLENGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>