

INTENSIVKURS 2023

CATEGORIES: Balance, Flexibility,
Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/intensivkurs-2023/>

PUSH UP HOVER

LEVEL: Advanced

CATEGORY: Power, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/push-up-hover/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hover-extend/>

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge/>