

## EQUIPMENT

**CATEGORIES:** Balance, Endurance, Flexibility, Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

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

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## PLANK SLIDE AND CROSS

**LEVEL:** Intermediate

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

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

## DYNAMIC JUMP SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/dynamic-jump-squat/>

## BANDED MONSTER WALKS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-monster-walks/>

## BANDED MONSTER WALKS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-monster-walks/>

## PLANK SLIDES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

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