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## STRENGTH CHALLENGES

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

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

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### COMBO – SHOULDERS AND CORE

**LEVEL:** Intermediate

**CATEGORY:** 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:** [Banded Plank and Reach](#), [Modified Push Up](#), [Down Dog Jack](#)

<https://dancer-fitness.com/exercise/combo-shoulders-and-core/>

### HEEL TAP CORE WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/heel-tap-core-warm-up/>

### COMBO – BALANCE AND ANKLES

**LEVEL:** Beginner

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

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:** [Lunge Knee Drive](#), [Knee Drive](#), [Bowler Squat](#)

<https://dancer-fitness.com/exercise/combo-squat-lunge-2/>

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

### COMBO – SHOULDERS AND CORE

**LEVEL:** Intermediate

**CATEGORY:** 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: [Banded Plank and Reach](#), [Modified Push Up](#), [Down Dog Jack](#)

<https://dancer-fitness.com/exercise/combo-shoulders-and-core/>

## SINGLE ARM BANDED ROW

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

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

## HOVER PLANK KICK BACK

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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