
GG GYM

CATEGORIES: Strength

LEVEL: Advanced

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/gg-gym/>

COMBO – SQUAT ENDURANCE

LEVEL: Beginner

CATEGORY: Endurance, 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.

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

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/>

BANDED PUSH UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

ANKLE STRENGTH DRILL

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

ADVANCED REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

SINGLE ARM BANDED ROW

LEVEL: Beginner

CATEGORY: Power, Strength

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

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

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