
INT-ADV BALLET- CIERRA

CATEGORIES: Balance, Flexibility,
Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 8

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

Open

ON DEMAND WORKOUT: CORE FOR TURNS

LEVEL: Intermediate

CATEGORY: Strength

With special guest Auti Kamal!

Auti Kamal is a dance instructor and choreographer best known for her YouTube channel, Ti & Me TV.

Learn more about Auti Kamal under **"INSTRUCTIONS"**

Instagram: [@autikamal](#) [@tiandmetv](#) [YouTube](#)

<https://dancer-fitness.com/exercise/full-length-workout-core-for-turns/>

WEIGHTED CRISS-CROSS BOAT

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/weighted-criss-cross-boat/>

BANDED HOVER PUSH BACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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

PARTNER WALL SIT CORE WORKOUT

LEVEL: Intermediate

CATEGORY: Partners, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-core-workout/>

REVERSE LUNGE SQUAT

LEVEL: Intermediate

CATEGORY: Strength

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

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

RELEVÉ BALL SQUEEZE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/releve-ball-squeeze/>

ON DEMAND WORKOUT: SKILL WARM UP

LEVEL: Intermediate

CATEGORY: Balance, Endurance, On Demand Workout, Power, Strength

See When you want to go beyond crunches and relevés, do this quick warm up to engage the muscles you need for straighter legs, better balance and more power.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/on-demand-workout-skill-warm-up/>