

EXERCISES FOR FINISHING YOUR MOVEMENTS

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/exercises-for-finishing-your-movements/>

This training plan is focused on building strength in the upper body for finishing movements as well as pom motions and improved posture.

- Chest Press
- Modified Push Up
- Bent Over Row
- Banded Pull Apart
- Partner Over Under
- Hundreds
- Banded Pull Apart (with jumping jack)

Do each for 30 – 40 seconds. Repeat once more.

Abs

arms

back

Core

Turns

Upper Body

CHEST PRESS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/chest-press/>

MODIFIED PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

BENT OVER ROW

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/bent-over-row/>

PARTNER OVER UNDER

LEVEL: Intermediate

CATEGORY: Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-over-under/>

HUNDREDS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hundreds/>

BANDED PULL APART

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-pull-apart/>