
DEEP CORE

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 4

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

COMBO – SIDE PLANK COMBO

LEVEL: Advanced

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: [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

BANDED DONKEY KICK CRUNCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-donkey-kick-crunch/>

STABILITY DRILL

LEVEL: Advanced

CATEGORY: Endurance, Strength

[Hover Glute Kick Back](#), [Hover Fire Hydrants](#)

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