
CORE EXERCISES

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 6

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

HEEL TAP CORE WARM UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

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

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

BANDED PLANK AND REACH

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

PLANK EXTEND AND TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-extend-and-tuck/>