
DAKOTA'S PLAN

CATEGORIES: On Demand Workout

LEVEL: Beginner

EXERCISE COUNT: 8

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

REVERSE LUNGE AND PRESS

LEVEL: Advanced

CATEGORY: Balance, Strength

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

KNEE TUCK UP DOWN PLANK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/knee-tuck-up-down-plank/>

COMBO – SQUAT JACK

LEVEL: Beginner

CATEGORY: Endurance, Power, 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: [Banded Half Squats](#), [Plank Squats](#), [Power Jacks](#)

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

ANKLE STRENGTH DRILL

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

ADDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength

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

HAMSTRING CURL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/hamstring-curl/>

SIDE PLANK LEG LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

CHEST PRESS

LEVEL: Intermediate

CATEGORY: Strength

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