

## ARMS/SHOULDERS

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/arms-6/>

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### BANDED PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

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

### PUSH UP ROW

**LEVEL:** Advanced

**CATEGORY:** Strength

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

### BOSU WALKING PLANK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-walking-plank/>

### THIGH TAP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/thigh-tap/>