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## CONDITIONING

**CATEGORIES:** Balance, Flexibility, On Demand Workout, Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/conditioning-3/>

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### REVERSE LUNGE AND PRESS

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

### STABILITY DRILL

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

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

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

### BALANCE CHALLENGE 3

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-3/>

### STANDING ABDUCTION BANDED

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/standing-abduction-banded/>

### ON DEMAND WORKOUT: CORE YOGA

**LEVEL:** Intermediate

**CATEGORY:** Strength

Engage your core and cool down with this simple and effective yoga flow from certified holistic wellness coach, yoga instructor and former professional ballerina Gina McFadden. Equipment: None

Learn more about Gina under **"INSTRUCTIONS"**

<https://dancer-fitness.com/exercise/full-length-workout-core-yoga/>

### SINGLE LEG GLUTE BRIDGE WITH ADDUCTION

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/single-leg-glute-bridge-with-abduction/>

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