

## 20 MINUTE FULL BODY

**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/20-minute-full-body-3/>

Do each exercise for 30 seconds, rest for 20 and repeat 2 more times. Rope Climb Core Hover Plank Kick Back Knee Tuck Up Down Plank Dynamic Jump Squat Jump Squat Row

Full Body

### ROPE CLIMB CORE

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

### HOVER PLANK KICK BACK

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

### KNEE TUCK UP DOWN PLANK

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### DYNAMIC JUMP SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/dynamic-jump-squat/>

### JUMP SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>