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## **KAIRI; MONDAY**

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/kairi-monday/>

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### **ON DEMAND WORKOUT: 10 MINUTE CORE BLAST**

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

### **ON DEMAND WORKOUT: ENDURANCE POWER AND CONTROL**

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Power, Strength

Follow along workout to improve endurance, power and control by combining HIIT training , upper body exercises and compound movements.

Equipment needed: Medium to light loop band

<https://dancer-fitness.com/exercise/full-length-workout-endurance-power-and-control/>

### **ON DEMAND WORKOUT: CORE**

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

<https://dancer-fitness.com/exercise/full-follow-along-workout-core/>

### **ON DEMAND WORKOUT: BOOTY BURN**

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength, Warm Up

Improve jump height, extension, supporting leg strength and power when you strengthen the glutes! Pair this workout with a few core exercises and you've got yourself a well rounded workout or warm up for practice.

equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-booty-burn/>