

15 MINUTE FULL BODY

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/15-minute-full-body-2/>

Perform each exercise for 40 seconds, rest for a minute between exercise 3 and 4. Repeat 2 times through.
Goblet Squat Weighted Criss-Cross Boat Knee Tuck Up Down Squat Jump Hover Glute Kick Back Advanced Skater Squat

Full Body

GOBLET SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

WEIGHTED CRISS-CROSS BOAT

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/weighted-criss-cross-boat/>

KNEE TUCK UP DOWN PLANK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

HOVER GLUTE KICK BACK

LEVEL: Intermediate

CATEGORY: Strength

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

ADVANCED SKATER SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength

