
ELLA

CATEGORIES: Not Categorized

LEVEL: Advanced

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/ella-2/>

LOWER BODY STABILITY DRILL

LEVEL: Beginner

CATEGORY: Balance, Strength

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

LOWER BODY STABILITY DRILL

LEVEL: Beginner

CATEGORY: Balance, Strength

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

RELEVÉ BALL SQUEEZE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/releve-ball-squeeze/>

SINGLE LEG STABILITY

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

BANDED BACK AND SHOULDER DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-back-and-shoulder-drill/>

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>

LUNGE KICK BACK

LEVEL: Beginner

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

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

LUNGE KICK BACK

LEVEL: Beginner

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

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

DOUBLE HOP SUMO LUNGE

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/double-hop-sumo-lunge/>