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## BROOKLYN S

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/brooklyn-s/>

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### LOWER BODY STABILITY DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

### PUSH BACK PLANK AND HOLD

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/push-back-plank-and-hold/>

### TWO LEG V UP WITH YOGA BLOCK

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/two-leg-v-up-with-yoga-block/>

### SIDE PLANK ABDUCTION

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/side-plank-abduction/>

### SINGLE LEG STABILITY

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

### GOBLET SQUAT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

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