

URNS

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/turns-50/>

PUSH UP HOVER KICK BACK

LEVEL: Advanced

CATEGORY: Power, Strength

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

TWO LEG V UP WITH YOGA BLOCK

LEVEL: Advanced

CATEGORY: Strength

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

PUSH BACK PLANK AND HOLD

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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