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## WEEK 7

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/week-7/>

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### ON DEMAND WORKOUT: UPPER BODY

**LEVEL:** Intermediate

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

Do this workout as a quick warm up for stronger pom motions, keeping shoulders down for turns and stronger kick hook ups. Equipment: Band

<https://dancer-fitness.com/exercise/full-length-workout-upper-body/>

### ON DEMAND WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>

### FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

**LEVEL:** Beginner

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

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-flexibility/>