
7/18

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/7-18/>

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

UP DOWN TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

ADVANCED REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

LEG DROP FOR CORE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/leg-drop-for-core/>

RENEGADE ROW

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/renegade-row/>