
SUNDAY TRAINING PLAN – STRENGTH AND TRICKS

CATEGORIES: Balance, Endurance, Flexibility, On Demand Workout, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/week-1-plan/>

Initial training plan for our first week, focussing on building consistency and strength. Knee Cross Plank x 8 Abductor Lift x 8 each side Banded Bridge Step Out x 8 each side One Leg Deadlift (3, 3, 3) x 5 each leg Clam Shell x 8 each leg Crunch and Punch - x 8 Inchworm x 5 Repeat 3 times Once circuit has been completed, practice your flex tricks.

KNEE TUCK UP DOWN PLANK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

ABDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/abductor-lift/>

BANDED BRIDGE STEP OUT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/banded-bridge-step-out/>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-deadlift/>

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>

CRUNCH AND PUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/crunch-and-punch/>

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/inch-worm/>