

## WORKOUT #1

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/workout-1-2/>

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### SIDE PLANK ABDUCTION

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### MONSTER WALK HIP DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

Featured Exercises: [Banded Monster Walks](#), [Standing Hip March](#)

<https://dancer-fitness.com/exercise/monster-walk-hip-drill/>

### 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/>