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## ABS

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/abs-6/>

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### COMBO – UPPER AND CORE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Spiderman Plank](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core-2/>

### COMBO – UPPER BODY ENDURANCE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Down Dog Jack](#), [Advanced Push Up](#)

<https://dancer-fitness.com/exercise/combo-upper-body-endurance/>

### SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

### FIGURE 8 ABS

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>