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## COMPANY ABS

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

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

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### HEEL TAP CORE WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/heel-tap-core-warm-up/>

### KNEE TUCK UP DOWN PLANK

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### ROPE CLIMB CORE

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

### MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### TWO LEG V UP WITH YOGA BLOCK

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/two-leg-v-up-with-yoga-block/>

### TWO LEG V UP WITH YOGA BLOCK

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/two-leg-v-up-with-yoga-block/>