

## CONDITIONING 9/13

**CATEGORIES:** Balance, Endurance, Flexibility, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/conditioning-9-13/>

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### 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/>

### HEEL TAP CORE WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### WEIGHTED CRISS-CROSS BOAT

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/weighted-criss-cross-boat/>

### ONE LEG V-UP

**LEVEL:** Intermediate

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

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