



## PLAN DETAILS

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### ANKLES AND BALANCE

**CATEGORIES:** Balance, Partners, Power, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/ankles-and-balance>

If you're doing this as a circuit: Do each exercise for 60 seconds. Rest for 20 seconds between exercises. Repeat the circuit 1-3 times.

Abs

ankles

Core

Glutes

Turns

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### LUNGE BURPEE

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/lunge-burpee>

### PARTNER WALL SIT/ HIGH KNEES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-high-knees>

### OUTER HIP LIFTS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/outer-hip-lifts>

### STRAIGHT LEG HIP FLEXION

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion>

## TRICEP PLANK JACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/tricep-plank-jack>

## ONE LEG DEADLIFT

**LEVEL:** Intermediate

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

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

## ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

## PARTNER SPLIT SQUAT

**LEVEL:** Advanced

**CATEGORY:** Balance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/partner-split-squat>

## KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive>