

## 8 MINUTE CORE BLAST

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

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://www.dancer-fitness.com/plan/8-minute-core-blast>

The perfect addition to your warm up or cool down. This plan focuses on pulling the belly button into the spine, instead of pushing it outward which can happen with a lot of crunching and twisting motions.

- Exercises 1 and 3, --> 10 repetitions
- Exercises 2 and 4 --> hold for 30 seconds.
- Do exercises all in a row
- Rest for 1 minutes.
- Repeat three times.

Abs

acrobatics

Core

Turns

## DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**LEVEL:** Advanced

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

<https://www.dancer-fitness.com/exercise/diagonal-mountain-climber-plank-jack>

## BOAT POSE

**LEVEL:** Intermediate

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

<https://www.dancer-fitness.com/exercise/boat-pose>

## ONE LEG V-UP

**LEVEL:** Intermediate

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

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

## PLANK VARIATIONS

**LEVEL:** Beginner

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

<https://www.dancer-fitness.com/exercise/plank-variations>