



PLAN DETAILS

15 MINUTE WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 12

URL: <https://dancer-fitness.com/plan/15-minute-warm-up>

When your class time allows, giving your dancers a comprehensive warm up is going to help them fire the correct muscles in their skills and keep them far away from injury. Hold each stretch for 60 seconds and remind your dancers to breathe through sticking points.

1. 10 total, 2 times through
2. 10 total, each side, 2 times through
3. 10 total, 2 times through
4. 60 seconds, each side, 2 times through
5. 60 seconds, each side, 2 times through
6. 60 seconds, each position, 2 times through
7. Slow, control to the floor, hold stretch for 60 seconds, 2 times through
8. 10 total, 2 times through
9. 12 total, 2 times through
10. 10 total, 2 times through
11. 10-12 total, 2 times through
12. 1 minute, 3 times through

Abs

ankles

arms

back

Core

Full Body

Glutes

Hamstrings

Hips

Jumps

Upper Body

SPEED BAG JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/speed-bag-jump>

GLUTE CIRCLES

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/glute-circles>

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow>

SPINAL TWIST STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/spinal-twist-stretch>

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch>

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/advanced-pigeon-stretch>

NEGATIVE STRADDLE STRETCH

LEVEL: Intermediate

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/negative-straddle-stretch>

HIP BRIDGE ADVANCED

LEVEL: Advanced

CATEGORY: Power, Strength

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

BOAT POSE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

BANDED CHEST PRESS WITH HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-chest-press-with-hip-bridge>

BANDED BACK ROW

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-back-row>

PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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