

FULL BODY BLAST

CATEGORIES: Endurance, Partners, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/full-body-blast/>

Work your dancer's upper and lower body in one workout designed for younger or newer dancers. Do each exercise for 60 seconds Rest for 20 seconds between exercises Repeat the circuit 1-3 times. **Recommend 1 time as a warm up or ending of class. More times if doing a full workout.

Abs	Core	Full Body	Glutes	Hamstrings	Hip Flexors	Jumps	kicks	Leaps
	Upper Body							

PARTNER SQUAT AND ROTATE

LEVEL: Beginner

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

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

PARTNER LEG THROW

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/partner-leg-throw/>

PARTNER PISTOL SQUAT

LEVEL: Intermediate

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

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

MODIFIED PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/modified-push-up/>

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

MOUNTAIN CLIMBER – SLIDER

LEVEL: Beginner

CATEGORY: Balance, Flexibility, Strength, Warm Up

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