

CIRCUIT CHALLENGE

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/circuit-challenge-2/>

A great introduction to circuits for your newer or younger dancers. Do each exercise for 60 seconds. Rest for 20 seconds between exercises Repeat the circuit 1-3 times.

Abs

Full Body

Glutes

Jumps

Turns

PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

JUMPING JACKS

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/jumping-jacks/>

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

BOAT POSE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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