

PRE PERFORMANCE WARM UP

CATEGORIES: Partners, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/pre-performance-warm-up/>

Do each exercise for 40 seconds and rest for 20 if doing a circuit. If doing individually follow the repetitions below.

1. 20 total, 3 times through
2. 20-30 seconds in each position, then switch, 2 times through on each side
3. 10 each side, 2 times through
4. 20-30 seconds in each position, then switch, 2 times through on each side
5. 20 total, 2 times through
6. 10 total, 3 times through
7. 30 seconds then switch, 3 times through

Abs

ankles

arms

Core

Full Body

Glutes

Hamstrings

Team Work

Upper Body

WALKING LUNGE SHOULDER PRESS

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/walking-lunge-shoulder-press/>

SIDE PLANK KNEE TUCK

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/side-plank-knee-tuck/>

GLUTE CIRCLES

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

TICK TOCK ARMS

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

PARTNER WALL SIT/ HIGH KNEES

LEVEL: Intermediate

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

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

BANDED TRICEP EXTENSION

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-tricep-extension/>

ROTATING SQUAT HOP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

PARTNER SQUAT AND ROTATE

LEVEL: Beginner

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

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