

## BALLET WARM UP

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/ballet-warm-up/>

“Can you do strength training to warm up for ballet?” YES! You can and it’s just as important as warming up for any other style of dance. This plan focuses on ankles, upper body for posture, hips for turn out and core for stability.

1. 20 total, 2 times through
2. 45 seconds, each side, 2 times through
3. 10 total, 3 times through
4. 20 total, 3 times through
5. 20 total, 3 times through
6. 10 total, 3 times through
7. 12 each side, 3 times through
8. 12 each side, 3 times through

Abs

ankles

Core

Full Body

Glutes

Hamstrings

Hips

Turns

Upper Body

## NARROW SQUAT PULSE

**LEVEL:** Intermediate

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

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

## HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

## YOGI SQUAT

**LEVEL:** Beginner

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

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

## TICK TOCK ARMS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## BANDED BACK ROW

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack/>

## PASSÉ SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

## PARTNER PISTOL SQUAT

**LEVEL:** Intermediate

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

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