

TAP WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

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

You asked for it, so here it is! The warm up you wanted for your tap classes and routines. Don't have any tappers? This warm will translate to your dancer's other styles as it focuses on ankle, quad and hamstring strength.

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

Abs

ankles

arms

Core

Full Body

Glutes

Hamstrings

Hips

Upper Body

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

SIDE PLANK KNEE TUCK

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

WALL SIT KNEE PULSE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/wall-sit-knee-pulse/>

BUTTERFLY SQUAT

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

SPLIT LUNGE JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/split-lunge-jump/>