

## FULL BODY CIRCUIT

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

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

Work your dancer's endurance and strength from their nose to their toes with this short circuit you can do after you stretch.

1. 30-45 seconds, 2 times through
2. 30-60 seconds, 2 times through
3. 30-60 seconds, 2 times through
4. 8-10 total, 2 times through
5. 10 total, 2 times through
6. 10 total, 2 times through

Abs

ankles

arms

Core

Full Body

Glutes

Jumps

Turns

Upper Body

## WALL SIT

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## 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/>

## FIGURE 8 ABS

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>

## WIDE TO NARROW SQUAT JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>

## TICK TOCK ARMS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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