



## PLAN DETAILS

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### TECHNIQUE WARM UP

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

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

A technique class warm up should work large and small muscles and prepare your dancers to hold themselves from the center for any skills you may be working that day. This warm up specifically hits the core, ankles and hips of your beginner dancers. Run through this warm up before your stretch.

1. 10 total, 2 times
2. 10 total, 2 times
3. 10, each side, two times
4. 10, each side, two times
5. 10, each side, 2 times

Abs

ankles

Full Body

Glutes

Hamstrings

Hips

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#### CAT / COW

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

#### BOAT POSE

**LEVEL:** Intermediate

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

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

#### ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

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

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

## **ADDUCTOR SLIDE**

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/adductor-slide/>

## **PLANK LEG LIFTS**

**LEVEL:** Beginner

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

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