



PLAN DETAILS

WEDNESDAY PETITE JAZZ WARMUP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/wednesday-petite-jazz-warmup/>

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized

WALL SIT

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

JUMPING JACKS

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/jumping-jacks/>

PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

LEVEL:

CATEGORY: Not Categorized