



PLAN DETAILS

10 MINUTE FULL BODY

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/10-minute-full-body/>

Whether your dancers are minis or older dancers coming back from holiday break, a beginner level full body workout may be what you need to ease into this week. Do this training plan as a circuit. Do exercise 1-3 for 40 seconds After each exercise do 20 seconds of jumping jacks Rest for 30 seconds Do 3 times total.

1. Inch Worm
2. Plank
3. Lunge, Squat, Twist
4. Jumping Jacks

Full Body

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/inch-worm/>

PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

LUNGE. SQUAT. TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

JUMPING JACKS

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

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