

## SHORT ON TIME – FULL BODY

**CATEGORIES:** Strength, Warm Up

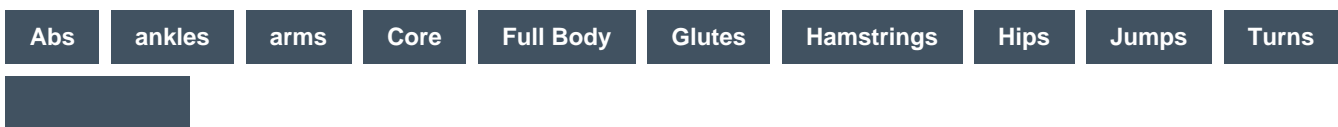
**LEVEL:** Beginner

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/short-on-time-full-body/>

When you want to build a consistent training routine for your dancers, but you're short on time, this is the plan you need. These exercises hit the whole body and they are multitaskers so you can save time doing them just once.

1. Frog knee abs (10 reps)
2. Banded donkey kick crunch (10 reps, each side)
3. Narrow Split lunge (10 reps)
4. Flutter kick shoulder press (10 reps)
5. Squat Jump (10 reps)



### FROG KNEE ABS

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/frog-knee-abs/>

### BANDED DONKEY KICK CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-donkey-kick-crunch/>

### NARROW SPLIT LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Warm Up

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

### FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

# SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power

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