

POWER DYNAMIC WARM UP**CATEGORIES:** Warm Up**LEVEL:** Beginner**EXERCISE COUNT:** 0**URL:** <https://dancer-fitness.com/plan/power-dynamic-warm-up/>

Få upp pulsen These exercises are a good place to start to get the heart pumping but also warm up the core and glutes which you'll need working later too. Do 40 seconds of the shuffle squats directly into the mountain climber twist (20 seconds) rest for 30 seconds and do that two more times
