
10 MINUTE FULL BODY

CATEGORIES: Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/10-minute-full-body-2/>

Use this plan as a dynamic warm up or send to your off season dancers to do at home. Do each exercise for 40 seconds, rest for 15 and do 3 times.

- Lunge burpee
- Power jack
- Knee hug

Full Body

LUNGE BURPEE

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength, Warm Up

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

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/power-jack/>

KNEE HUG

LEVEL: Advanced

CATEGORY: Endurance, Strength

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