

PRE TECHNIQUE CLASS WARM UP

CATEGORIES: Flexibility, Power, Strength **LEVEL:** Beginner

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/pre-technique-class-warm-up/>

Hi Tony! Here's a plan for your team to do before their technique classes. **Have your dancers do 20 of every single exercise.** Exercise 1 - 3 all in a row **Rest 1 Minute** Exercise 4 -6 **rest 1 minute** Exercise 7-9 **Rest 1 minute** Exercise 3, 6, 9 all in a row **Done** I chose a lot of unilateral exercises for stability, the glute and outer hip exercises will help with turn out and hip flexibility. If they are taking time to stretch in this warm up I would recommend 30 seconds on each side of

- half frog
 - Pigeon
 - hip flexor stretch
-

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

LEVEL:

CATEGORY: Not Categorized

LUNGE KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

ABDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/abductor-lift/>