
5 MINUTE DYNAMIC WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/5-minute-dynamic-warm-up/>

Do this across the floor or in the center for an easy warm up for all levels of dancer or style of dance. Exercise 1: Across the floor Exercise 2: Once you get to one end of the room Exercise 3: Go back across the floor Exercise 4: Once you get to the end of the room

1. Walking Airplane Warm Up
2. Super Glute Lift (10)
3. Lunge Burpee
4. Push Up Row (10)

Full Body

WALKING AIRPLANE WARM UP

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/walking-airplane-warm-up/>

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

LUNGE BURPEE

LEVEL: Beginner

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

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

PUSH UP ROW

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/push-up-row/>