
ACRO SPECIAL UPPVÄRMNING

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/acro-special-uppvarmning/>

JUMPING JACKS

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/jumping-jacks/>

WALKING LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

WALKING LUNGE SHOULDER PRESS

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/walking-lunge-shoulder-press/>

INCH WORM PUSH UP

LEVEL: Intermediate

CATEGORY: Warm Up

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

SPEED BAG JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Warm Up

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