



# PLAN DETAILS

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## LIFTS AND TRICKS WARM UP

**CATEGORIES:** Power, Strength, Warm Up **LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/lifts-and-tricks-warm-up/>

1. Lunge Burpee (across the floor)
2. Glute Circles (10, each side)
3. Hip Bridge Advanced (10-15, each side)
4. Plank Shoulder Press (10, each side)
5. Tuck Plank (20)
6. Plank Squat Row (20)

Repeat 2-3 times.

Full Body

Team Work

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### LUNGE BURPEE

**LEVEL:** Beginner

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

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

### GLUTE CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

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

### HIP BRIDGE ADVANCED

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/hip-bridge-advanced/>

## PLANK SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## TUCK PLANK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/tuck-plank/>

## PLANK SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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