

## 5 MINUTE WARM UP

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

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

Do everything on one side and repeat on the other

- Bowler squat (6)
- Deadlift floor tap (6)
- Plank cross over (10)
- Push Up (6)

Repeat on the left.

Abs

Core

Full Body

Jumps

Leaps

Turns

### BOWLER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

### DEADLIFT FLOOR TAP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/deadlift-floor-tap/>

### PLANK CROSS OVER

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### MODIFIED PUSH UP

**LEVEL:** Beginner

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

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