



PLAN DETAILS

WARM UP

CATEGORIES: Endurance

LEVEL: Beginner

EXERCISE COUNT: 13

URL: <https://dancer-fitness.com/plan/warm-up-3/>

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up/>

BOSU ONE LEG PLANK PUSH BACK

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-one-leg-plank-push-back/>

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/frog-knee-abs/>

PINWHEEL PLANK

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

BOSU SIDE PLANK

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

PARTNER PIKE PLANK ADVANCED

LEVEL: Advanced

CATEGORY: Partners, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-pike-plank-advanced/>

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

BOSU LUNGE TO PASSÉ

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/bosu-lunge-to-passe/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

THIGH TAP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

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

TRICEP DIP TOE TAP

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

V-CROSS CRUNCH

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch/>