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## DICE ROLL ADDITIONS

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

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/dice-roll-additions/>

Exercises that we will be adding/replacing on our dice for our warm up

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### LUNGE KICK BACK

**LEVEL:** Beginner

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

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

### REVERSE LUNGE SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### TRICEP PLANK JACK

**LEVEL:** Advanced

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

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

### THIGH TAP

**LEVEL:** Advanced

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

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

### ADVANCED PUSH UP

**LEVEL:** Advanced

**CATEGORY:** Strength

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