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## WARM UP

**CATEGORIES:** Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 19

**URL:** <https://dancer-fitness.com/plan/warm-up-4/>

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### LUNGE BURPEE

**LEVEL:** Beginner

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

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

### SUPER GLUTE LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### POWER JACK

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

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

### BANDED MONSTER WALKS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-monster-walks/>

### LOWER AB LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

### PLANK SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### GLUTE CIRCLES

**LEVEL:** Beginner

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

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

## BANDED HIGH RELEVÉ

**LEVEL:** Advanced

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

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

## RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

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

## LUNGE KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

## MONSTER HIP STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

## RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

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

## ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/bridge-slide-out/>

## PLANK AROUND THE WORLD

**LEVEL:** Intermediate

**CATEGORY:** Power

<https://dancer-fitness.com/exercise/plank-around-the-world/>

## PLANK SQUAT PRESS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## BANDED BACK ROW

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-back-row/>

## **BANDED LAT PULL DOWN**

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

## **MONSTER HIP STRENGTH**

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>