



PLAN DETAILS

DANCING SHARPER AND CLEANER WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/dancing-sharper-and-cleaner-warm-up/>

This warm up focuses on engaging the core, back and glutes so your dancers have a strong foundation for dancing sharper and cleaner.

1. Glute Warm up (10 times)
2. Banded Donkey Kick (20 each leg)
3. Superman Lat pull down (20)
4. Up Down Hover (10)
5. Elevated leg pulse (12)

Repeat 3 times.

Full Body

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

BANDED DONKEY KICK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-donkey-kick/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>