

## DYNAMIC WARM UP

**CATEGORIES:** Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

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

Ht 2021

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### LUNGE BURPEE

**LEVEL:** Beginner

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

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

### WALKING AIRPLANE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### WALKING LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/walking-lunge-squat-warm-up/>

### BANDED SHUFFLE SQUAT JUMP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/banded-shuffle-squat-jump/>