
POM COMP WARM-UP

CATEGORIES: Flexibility, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 12

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

BANDED TRICEP EXTENSION

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-tricep-extension/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

GLUTE CIRCLES

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

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

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/low-back-stretch/>

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Warm Up

<https://dancer-fitness.com/exercise/turn-out-drill/>