



## ***PLAN DETAILS***

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### ***WARM UP PLAN***

**CATEGORIES:** Balance, Flexibility, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 0

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

Warm up Cossack squat- 10 (each side) Lateral Bear walk- 10 (each side) 180 degree jump-10 Elevated clam shell- 10 (each side) Repeat 2 times

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