

## DANCE 1 CLASS

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/dance-1-class/>

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## 180 DEGREE JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

## CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/clock-balance-challenge/>