

FULL TEAM WARM UP

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

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

Do exercise 1 across the floor. 10 reps of exercise 2, 3 & 4 on each side. Do exercise 5, 10 times.

1. Banded Monster Walks
2. Lunge Knee Tuck
3. Outer Hip Lifts
4. Banded Bridge Step Out
5. Banded Shuffle Squat

Repeat twice.

Hamstrings

Hips

Jumps

kicks

Leaps

Team Work

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

LUNGE KNEE TUCK

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Warm Up

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

OUTER HIP LIFTS

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

BANDED BRIDGE STEP OUT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/banded-bridge-step-out/>

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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