

TURN WARM UP

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/turn-warm-up-3/>

1. Banded Bear Walk Warm Up
2. Lunge Knee Drive
3. Reverse Lunge
4. Dolphin Push Up
5. Lunge Row and Twist

Do 10-12 of each (each side). Repeat 2-3 times.

Abs

ankles

Core

Full Body

Glutes

Turns

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up/>

LUNGE KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>

LUNGE ROW AND TWIST

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>