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## COMP TEAM FEB WORKOUT

**CATEGORIES:** Balance, Endurance,  
Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/comp-team-feb-workout/>

Please do each of these exercises twice through at least 5 days of the week! Turn Out and Core Drill 10 Reps on each side Up Down Hover 40 Seconds Frog Knee Abs 12 Reps Calf Raise Arm Circles 10 Reps forward 10 Reps backward Tick Tock Arms 40 Seconds Clock Balance Challenge 8 Reps each leg Wall Sit Knee Pulse Hold 40 Seconds alternating 6 pulses per leg Releve Tendu 12 Reps each leg Turn Out Drill 15 Reps Lunge Burpees 20 Reps alternating legs

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### TURN OUT AND CORE DRILL

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

### UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

### FROG KNEE ABS

**LEVEL:** Advanced

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/frog-knee-abs/>

### CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

### TICK TOCK ARMS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

### CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

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

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

## WALL SIT KNEE PULSE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/wall-sit-knee-pulse/>

## RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

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

## TURN OUT DRILL

**LEVEL:** Beginner

**CATEGORY:** Warm Up

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

## LUNGE BURPEE

**LEVEL:** Beginner

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

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