

## BEGINNER 1

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 2

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

Introduce young dancers to strength training

---

### COMBO – TRICEP DIP

**LEVEL:** Beginner

**CATEGORY:** Full Workout, Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

**Featured exercises in this combo:**

[Tricep Dip Toe Tap](#)

<https://dancer-fitness.com/exercise/combo-tricep-dip/>

### CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

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

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