

## MINI TECH

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/mini-tech/>

Tech and turns

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## ON DEMAND WORKOUT: CORE

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

<https://dancer-fitness.com/exercise/full-follow-along-workout-core/>