

## ELITE WARMUP

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

**LEVEL:** Advanced

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/elite-warmup/>

Competition Season

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## BANDED JUMPING JACK

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/banded-jumping-jack/>

## PARTNER LEG THROW

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-leg-throw/>

## PARTNER PISTOL SQUAT

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-pistol-squat/>

## LATERAL LUNGE

**LEVEL:** Intermediate

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

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

## ADDUCTOR SLIDE

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/adductor-slide/>

## SPIDERMAN PLANK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/spiderman-plank/>

## DYNAMIC WARM UP SERIES

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>