

URNS 1

CATEGORIES: Balance

LEVEL: Beginner

EXERCISE COUNT: 12

URL: <https://dancer-fitness.com/plan/turns-14/>

balance

COMBO – UPPER AND CORE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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: [Renegade Row](#), [Plank Around the World](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

PLANK SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/advanced-pigeon-stretch/>

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/butterfly-stretch/>

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-pigeon-stretch/>