



PLAN DETAILS

JUNE POM WARM UP

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/june-pom-warm-up/>

Half the team walking doing bear walks across the floor, half doing warm up series, switch. - Round 1: 20 kick backs each leg, 40 seconds jump squat row, 4 push ups - Round 2: same kick, same jump, 6 push ups - Round 3: same kick, same jump, 8 push ups

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>

UP DOWN PLANK PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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