

## WARM UP

**CATEGORIES:** Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/warm-up-7/>

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## ASSISTED SPLITS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/assisted-splits/>

## PARTNER LEG THROW

**LEVEL:** Intermediate

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

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