

TEAM WARM UP

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 1

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

Summer Beginner Warmup

COMBO – SINGLE LEG

LEVEL: Beginner

CATEGORY: 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: [Walking Airplane Warm Up](#), [Shiva Squat](#)

<https://dancer-fitness.com/exercise/combo-single-leg/>