



## ***PLAN DETAILS***

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### ***WARM UP***

**CATEGORIES:** Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/warm-up-8/>

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### **GLUTE CIRCLES**

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/glute-circles/>

### **TURN OUT AND CORE DRILL**

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>