



PLAN DETAILS

DAZZLER WORKOUT #1

CATEGORIES: Balance, Flexibility, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/dazzler-workout-1/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

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

ADVANCED CLAM SHELL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-clam-shell/>

COMBO – SIDE PLANK COMBO

LEVEL: Advanced

CATEGORY: Strength

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: [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

<https://dancer-fitness.com/exercise/combo-side-plank-combo/>

UP DOWN PLANK PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

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/>