



PLAN DETAILS

DANCE 1 AND DANCE 2

CATEGORIES: Balance, Endurance, Flexibility, Strength

LEVEL: Beginner

EXERCISE COUNT: 21

URL: <https://dancer-fitness.com/plan/dance-1-and-dance-2/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

BUTTERFLY SQUAT

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-extend/>

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-leg-lifts/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

COMBO – TRICEP DIP

LEVEL: Beginner

CATEGORY: Full Workout, 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 in this combo:

[Tricep Dip Toe Tap](#)

<https://dancer-fitness.com/exercise/combo-tricep-dip/>

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

HUNDREDS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hundreds/>

MODIFIED PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

LUNGE KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-knee-drive/>

BANDED BICEP CURL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bicep-curl/>

THIGH TAP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/thigh-tap/>

PLANK PIKE SLIDE

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-pike-slide/>