



PLAN DETAILS

WARM UP 1

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/warm-up-1-3/>

Do each exercise twice

BANDED JUMPING JACK

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/banded-jumping-jack/>

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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