



PLAN DETAILS

BEGINNING SKILLS

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/beginning-skills/>

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/>

COMBO – SQUAT LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, 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: [Bosu Ball Squats](#), [Reverse Lunge](#), [Squat Jumps](#)

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