

## 15 MINUTE FULL BODY

**CATEGORIES:** Warm Up

**LEVEL:** Advanced

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/15-minute-full-body/>

This plan is a great addition to any practice. Do each exercise for 30 seconds, rest for 30 and when complete rest for 2 minutes. Repeat each exercise for 40 seconds resting for 20 seconds.

- Criss Cross Squat Jump
- Up Down Plank Push Up
- Jump Squat Row
- Banded Dead Bug
- Reverse Lunge Bicep Curl
- Lateral Skip

Full Body

### CRISS CROSS SQUAT JUMP

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/criss-cross-squat-jump/>

### UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

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

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

### JUMP SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### BANDED DEAD BUG

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## REVERSE LUNGE BICEP CURL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## LATERAL SKIP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lateral-skip/>