

## WARM-UP

**CATEGORIES:** Balance, Strength, Warm  
Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/warm-up-12/>

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## FOLLOW ALONG WORKOUT: HIGHER RELEVÉ

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>