

## HIGHER RELEVE

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

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/higher-releve-2/>

---

### WALKING AIRPLANE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### WALKING AIRPLANE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### LEG SWINGS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

### CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

### ONE LEG DEADLIFT

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-deadlift/>