

SPIRIT SQUAD WARM-UP

CATEGORIES: Endurance, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/spirit-squad-warm-up/>

Endurance Warm-up Fall season

COMBO – SINGLE LEG

LEVEL: Beginner

CATEGORY: 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: [Walking Airplane Warm Up](#), [Shiva Squat](#)

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

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

WALKING AIRPLANE WARM UP

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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