

## WORKOUT

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

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

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### JUMP SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### 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/>

### UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

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

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