

## CLASS OPENER

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

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/class-opener/>

Warm up with a purpose

---

## BUTTERFLY SQUAT

**LEVEL:** Beginner

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

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

## PARTNER SUPER MAN

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/partner-super-man/>

## UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

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

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

## COMBO – PLANK VARIATIONS

**LEVEL:** Beginner

**CATEGORY:** 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:** [Plank Variations](#), [Plank Slides](#), [Plank Leg Lifts](#)

<https://dancer-fitness.com/exercise/combo-plank-variations/>

## SEATED HIP STRENGTH DRILL 2

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-2/>

## DYNAMIC HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hip-flexor-stretch/>

---