

“I JUST WANT A QUICK WARM UP”

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/i-just-want-a-quick-warm-up/>

Do this dynamic warm up before you stretch for any style of class. Advanced Reverse Crunch (30 seconds)
Combo – Squat Lunge (30 seconds) Repeat 3 times

Abs

Core

Glutes

Hamstrings

Hips

Jumps

kicks

ADVANCED REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

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/>