

## ANKLE STRENGTH

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/ankle-strength-5/>

This plan is a great warm up for your turns!

- Butterfly Squat (10)
- Reverse Lunge (10, each side)
- Banded High Relevé (10, each side)
- Narrow Squat Pulse (10)
- Calf Raise Arm Circles (20)

ankles

Glutes

Hips

### BUTTERFLY SQUAT

**LEVEL:** Beginner

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

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

### REVERSE LUNGE

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### BANDED HIGH RELEVÉ

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/banded-high-releve/>

### NARROW SQUAT PULSE

**LEVEL:** Intermediate

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

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

### CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>