
COMPREHENSIVE WARM UP

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 9

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

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

COMBO – SIDE PLANK COMBO

LEVEL: Advanced

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: [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

COMBO – SQUAT JACK

LEVEL: Beginner

CATEGORY: Endurance, Power, 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: [Banded Half Squats](#), [Plank Squats](#), [Power Jacks](#)

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

DOUBLE HOP SUMO LUNGE

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/double-hop-sumo-lunge/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hover-extend/>

ABDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/abductor-lift/>