
MORNING WORKOUT

CATEGORIES: Flexibility, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 3

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

Full body warmup

ON DEMAND WORKOUT: 10 MINUTE WARM UP

LEVEL: Beginner

CATEGORY: On Demand Workout, Warm Up

Full Length Workout: 10 Minute Warm Up. This is a great one to do before a day of competition!

Equipment: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-warm-up/>

DYNAMIC HAMSTRING STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

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/>