
PRE-PERFORMANCE WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/pre-performance-warm-up-3/>

Properly warm up the whole body for any performance with these exercises. Do each exercise for 40 seconds. Repeat at 30 seconds. Repeat at 20 seconds. Standing Abduction Banded Criss Cross Jump Squat Rope Climb Core Jump Squat Row

Full Body

STANDING ABDUCTION BANDED

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-abduction-banded/>

CRISS CROSS SQUAT JUMP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/criss-cross-squat-jump/>

ROPE CLIMB CORE

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

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