

GIRLS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 2

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

BEHIND THE KNEE RELEASE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/behind-the-knee-release/>

COMBO – BANDED LOWER BODY

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength, Warm Up

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: [Duck Walk](#), [Toe Taps](#), [Squat Jump](#)

<https://dancer-fitness.com/exercise/combo-banded-lower-body/>