

IMPROVED TOE TOUCHES

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/improved-toe-touches/>

Exercise 1 and 2: 16-20 on each leg 2 times through. Exercise 3: Do each exercise for 20 – 30 seconds. NO REST
Perform exercise 4 Right away for 20 – 30 seconds

1. Standing Hip March
2. One Leg V-up
3. Combo - Banded Lower Body
4. Half Russian

Hips

Jumps

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-v-up/>

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/>

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

