

EMMA

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/emma-2/>

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/>

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