

WARM UP

CATEGORIES: Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/warm-up-16/>

FULL LENGTH WORKOUT: FULL BODY WARM UP & CONDITIONING

LEVEL: Intermediate

CATEGORY: Full Workout, Warm Up

This follow along work out will take you start to finish through a dynamic warm up, stretch and small circuit to prepare you for any practice! Equipment: Loop band

<https://dancer-fitness.com/exercise/full-workout-full-body-warm-up-conditioning/>

FULL LENGTH WORKOUT: THE BEST TURN WARM UP!

LEVEL: Beginner

CATEGORY: Balance, Full Workout, Strength, Warm Up

Full body workout to prepare you for the cleanest most consistent turns!

Equipment: Yoga Block, Light to Medium Band

<https://dancer-fitness.com/exercise/full-length-workout-the-best-turn-warm-up/>