

MAKAYLA

CATEGORIES: Balance, Flexibility, Strength

LEVEL: Intermediate

EXERCISE COUNT: 4

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

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: 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/>

BALANCE CHALLENGE 3

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-3/>

FULL LENGTH WORKOUT: CORE ENGAGEMENT

LEVEL: Intermediate

CATEGORY: Full Workout, Power, Strength, Warm Up

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>