

## PIROUETTE TURNS

**CATEGORIES:** Balance, Power, Strength, Warm Up      **LEVEL:** Beginner

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/pirouette-turns/>

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## COMBO – BALANCE AND ANKLES

**LEVEL:** Beginner

**CATEGORY:** Balance, 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: [Lunge Knee Drive](#), [Knee Drive](#), [Bowler Squat](#)

<https://dancer-fitness.com/exercise/combo-squat-lunge-2/>

## MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>