
POWER

CATEGORIES: Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 4

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

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

COMBO – SQUAT JACK

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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: [Banded Half Squats](#), [Plank Squats](#), [Power Jacks](#)

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

COMBO – SQUAT LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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: [Bosu Ball Squats](#), [Reverse Lunge](#), [Squat Jumps](#)

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

HOVER GLUTE KICK BACK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/hover-glute-kick-back/>