

## IMPROVE TIMING AND UNITY

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/improve-timing-and-unity/>

Use this plan to improve full body control, strength on both sides and ease in combining skills like turns into leaps. Do each exercise for 45 seconds, 15 second break, repeat two times more.

- Full Body Warm Up
- Lateral Bear Walk
- Hover Fire Hydrant
- Jump Squat Row
- Plank Slide and Cross
- Dolphin Push Up
- Lunge Row and Twist

Full Body

### FULL BODY WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

### LATERAL BEAR WALK

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

### HOVER FIRE HYDRANT

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant/>

### JUMP SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>

## PLANK SLIDE AND CROSS

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-slide-and-cross/>

## DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>

## LUNGE ROW AND TWIST

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>