

WARMING UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

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

Uppvärmning innan träning

FULL LENGTH WORKOUT: 10 MINUTE WARM UP

LEVEL: Beginner

CATEGORY: Full Workout, Warm Up

Full Length Workout: 10 Minute Warm Up. This is a great one to do before a day of competition!

Equipment: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-warm-up/>

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/>