
2023 WARM UP!

CATEGORIES: Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/2023-warm-up/>

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/>

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

BANDED BRIDGE STEP OUT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/banded-bridge-step-out/>