
ADD TO STRETCHING ROUTINE

CATEGORIES: Power, Strength, Warm Up **LEVEL:** Advanced

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/add-to-stretching-routine/>

HEEL TAP CORE WARM UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/heel-tap-core-warm-up/>

HOVER GLUTE KICK BACK

LEVEL: Intermediate

CATEGORY: Strength

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

BEHIND THE KNEE RELEASE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/behind-the-knee-release/>

SINGLE LEG DEADLIFT DIRECTION CHANGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>

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/>