

JUDGES

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 5

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

COMBO – PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: 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: [Plank Variations](#), [Plank Slides](#), [Plank Leg Lifts](#)

<https://dancer-fitness.com/exercise/combo-plank-variations/>

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

MOUNTAIN CLIMBER TWIST

LEVEL: Beginner

CATEGORY: Endurance, Strength, Warm Up

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

FAST FEET

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>