

WARMUP

CATEGORIES: Flexibility, Power, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 11

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

HEEL TAP CORE WARM UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

COMBO – SQUAT ENDURANCE

LEVEL: Beginner

CATEGORY: Endurance, 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.

<https://dancer-fitness.com/exercise/combo-squat-endurance/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

DYNAMIC HAMSTRING STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hamstring-stretch/>

SHOULDER FLY

LEVEL: Intermediate

CATEGORY: Warm Up

<https://dancer-fitness.com/exercise/shoulder-fly/>

DYNAMIC BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility

<https://dancer-fitness.com/exercise/dynamic-butterfly-stretch/>

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hip-flexor-stretch/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>

WALL SIT TOE TAPS

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit-toe-taps/>

FULL LENGTH WORKOUT: RECOVERY AND MOBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, Full Workout, Warm Up

Whether you're feeling a little burned out or need a recovery day from weeks of competition, slow it down a little and take the time to open your hips, stretch the back and lengthen the hamstrings. Equipment: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-recovery-and-mobility/>

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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