

## ACRO

**CATEGORIES:** Full Workout, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/acro-3/>

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## FULL LENGTH WORKOUT: FULL BODY WARM UP & CONDITIONING

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Warm Up

This follow along work out will take you start to finish through a dynamic warm up, stretch and small circuit to prepare you for any practice! Equipment: Loop band

<https://dancer-fitness.com/exercise/full-workout-full-body-warm-up-conditioning/>

## FULL LENGTH WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>