
WORKOUT BADDIE

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 4

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

WALL SIT KNEE TAP

LEVEL: Intermediate

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/wall-sit-knee-tap/>

DYNAMIC JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/dynamic-jump-squat/>

HOVER GLUTE KICK BACK

LEVEL: Intermediate

CATEGORY: Strength

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

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/>