

## CORE WARM UP

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/core-warm-up/>

Perform each exercise for 20 seconds. Rest for 20 seconds after both are done. Perform each exercise for 30 seconds. Rest for 20 seconds after both are done. Perform each exercise for 40 seconds. Rest for 20 seconds after both are done.

Core

Glutes

Hips

Turns

---

## HEEL TAP CORE WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## ADVANCED REVERSE CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>