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## MINIS

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

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

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### LEG SWINGS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/leg-swings/>

### GLUTE CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

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

### HIP BRIDGE

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge/>

### LATERAL BEAR WALK

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

### CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

### PARTNER SQUAT AND ROTATE

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/partner-squat-and-rotate/>