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## GLUTE WARM UP AND ENGAGEMENT

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/glute-warm-up-and-engagement/>

- Banded Monster Walk (12, each direction)
- Squat Hold (20 seconds)
- Banded Monster Walk (12, each direction)
- Yogi Squat (20 seconds)
- Banded Monster Walk (12, each direction)
- Banded Half Squat (20 seconds)

Repeat once more.

Glutes

Hamstrings

Hips

Jumps

Leaps

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### BANDED MONSTER WALKS

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-monster-walks/>

### YOGI SQUAT

**LEVEL:** Beginner

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

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

### BANDED HALF SQUAT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/banded-half-squat/>