

MARCH 2023 PRE CLASS WARM UPS

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 18

URL: <https://dancer-fitness.com/plan/march-2023-pre-class-warm-ups/>

Pick 3- 4 exercises to do before each class for 40 seconds or 30 seconds each leg and repeat 3 times.

SINGLE LEG DEADLIFT DIRECTION CHALLENGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>

BALANCE CHALLENGE 3

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-3/>

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/clock-balance-challenge/>

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>

BOWLER SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-extend/>

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hip-flexor-stretch/>

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/wheel-pose/>

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/bow-pose/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>