
EXPRESS SKILL WARM UP

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/express-skill-warm-up/>

Quick series of exercises to ensure you're ready to execute your skills. Combo - Banded Full Body Warm Up
Combo - Squat Endurance

Full Body

COMBO – BANDED FULL BODY WARM UP

LEVEL: Intermediate

CATEGORY: 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:

[Clam Shell](#), [Plank Variations](#), [Hip Bridge](#)

<https://dancer-fitness.com/exercise/combo-banded-full-body-warm-up/>

COMBO – SQUAT ENDURANCE

LEVEL: Beginner

CATEGORY: Endurance, Strength

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.

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