
CLARE-SUMMER BOOTCAMP 5-9 YEAR OLDS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 17

URL: <https://dancer-fitness.com/plan/clare-summer-bootcamp-5-9-year-olds/>

PARTNER SUPER MAN

LEVEL: Beginner

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

<https://dancer-fitness.com/exercise/partner-super-man/>

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/>

COMBO – SQUAT JACK

LEVEL: Beginner

CATEGORY: Endurance, Power, 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.

Featured Exercises: [Banded Half Squats](#), [Plank Squats](#), [Power Jacks](#)

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

FAST FEET

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/cross-hops/>

BEHIND THE KNEE RELEASE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/behind-the-knee-release/>

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/advanced-pigeon-stretch/>

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

SPINAL TWIST STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/spinal-twist-stretch/>