

## CORE/CORE STABILITY

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

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

help engage abs, while breathing and increasing ab strength and stability - also ab warmup

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## ON DEMAND WORKOUT: CORE ENGAGEMENT

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength, Warm Up

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>

## GO TO WARM UP

**LEVEL:** Beginner

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

[Lateral Bear Walk, Turn Out and Core Drill](#)

<https://dancer-fitness.com/exercise/go-to-warm-up/>