

WARM UP

CATEGORIES: Endurance, Partners, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/warm-up-20/>

PLANK AND HOP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-and-hop/>

ON DEMAND WORKOUT: ARMS AND BACK

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength

Strengthen your arms, back and upper body for stronger turns, tricks and pom motions. Equipment Needed: Band and yoga block

<https://dancer-fitness.com/exercise/on-demand-workoutarms-and-back/>