

I ONLY HAVE 5 MINUTES!

CATEGORIES: Endurance

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/i-only-have-5-minutes/>

When you only have 5 minutes to warm up before class, these three exercises are my “go to”. Do each for 40 seconds twice through (Three times if you have more time)

- Banded Jumping Jack
- Spiderman Plank
- Single Leg Glute Bridge with Adduction

Full Body

BANDED JUMPING JACK

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/banded-jumping-jack/>

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

SINGLE LEG GLUTE BRIDGE WITH ADDUCTION

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-glute-bridge-with-abduction/>