

## ACROSS THE FLOOR WARM UP

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/across-the-floor-warm-up-4/>

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## WALKING LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/walking-lunge-squat-warm-up/>