

DANCE WARM-UP

3-MINUTE



PhysioTec
dance
PHYSIOTHERAPY

The PhysioTec dance team challenges all our dancers to take 3 minutes before classes, rehearsals or performances during concert time to run through the following quick warm-up to better prepare the body and improve recovery.

X 16

JUMPS

X 16

HIGH KNEES

X 16

**BOTTOM
KICKS**

X 16

STAR JUMPS

X 20

(EACH LEG)

**SINGLE LEG
RAISES**

X 20

(EACH LEG)

**SINGLE LEG
SQUATS**

X 10

PUSH-UPS

X 30_s

PLANK