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## **INSTRUCTIONS**

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### **ON DEMAND WORKOUT: MIND BODY CONNECTION FOR YOUNGER DANCERS**

**CATEGORIES:** On Demand Workout, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/full-length-workout-mind-body-connection-for-younger-dancers/>

This workout was created for the dancers who just went through a growth spurt and have to re-learn their bodies, the ones who keep getting hurt and the ones who want to feel more controlled in their body. This workout is also a great warm up for private lessons.

Equipment Needed: Yoga Block and Loop Band

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Knee Strength

Lower Body