



PLAN DETAILS

NIGHT BEFORE A PERFORMANCE

CATEGORIES: Endurance, Power, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/night-before-a-performance>

The night before a performance you're probably cleaning routines and motivating your dancers with positive words. If you feel like fitting in a little strength training as a warm up, these exercises will get the job done without fatiguing your dancer's muscles too much. If doing a circuit, do each exercise for 40 seconds and rest for 20. Repeat 3-5 times. If doing individually:

1. 20 total, 3 times through each
2. 12 total, 3 times through
3. 12 each side, 3 times through
4. 20 total, 3 times through
5. 20 total, 3 times through
6. 10 each side, 3 times through
7. 20 total, 3 times through

Abs

ankles

arms

back

Core

Full Body

Glutes

Hamstrings

Hips

Turns

PARTNER LUNGE HIGH KNEE

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Partners, Power, Warm Up

<https://dancer-fitness.com/exercise/partner-lunge-high-knee>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hover-extend>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane>

WALL SIT TOE TAPS

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit-toe-taps>

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles>

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/lunge-twist>

KNEE HUG

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/knee-hug>