



PLAN DETAILS

FITNESS BASICS FOR DANCERS UNDER 10

CATEGORIES: Flexibility, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/fitness-basics-for-dancers-under-10>

Your tiniest dancers can still start working on their body control and strength, in fact some of the strongest dancers are the tiny ones. They don't have years of bad habits to undo. If you're looking for a place to start with your young dancers, look no further than this plan.

1. 10 total, 3 times through
2. 5 each side, 3 times through
3. 30 seconds, 3 times through
4. 10-12 total, 3 times thorough
5. 10 total, 3 times through
6. 8-10 each side, 2 times through
7. 30-45 seconds, 3 times through
8. 10 total, 3 times through

Abs

ankles

arms

back

Core

Full Body

Glutes

Hamstrings

Hips

Turns

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

GLUTE CIRCLES

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/glute-circles>

SQUAT HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/squat-high-five>

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge>

MODIFIED PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/modified-push-up>

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/leg-swings>

PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump>