



PLAN DETAILS

CONSISTENT DOUBLES AND TRIPLES

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/1962>

Are you struggling to get your dancers to turn consistently? Are they falling, dropping heels and prepping incorrectly? I recently discovered three exercises that when done between turn sets increased my client's turn success rate. They were staying high in relevé, staying in one place and turning like a top. Try this plan between sets of turns or after you stretch.

1. 10 total, 2 times through
2. 8 each side, 2 times through
3. 45 seconds each side, 2 times through
4. 20 total, 3 times through
5. 8-10 each side, 3 times through
6. 20 total, 3 times through

Abs

ankles

arms

Core

Full Body

Turns

TICK TOCK ARMS

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

BOSU BALL COUPÉ / PASSÉ

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-coupe-passe>

V-CROSS CRUNCH

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch>

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue>

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug>