



PLAN DETAILS

10 MINUTE STABILITY AND BALANCE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/10-minute-stability-and-balance>

There's always time to challenge your dancer's balance and stability, knowing they'll need to call on these muscles throughout out any class or routine. Pop this training plan in after you stretch. Set your dancers up for success by doing this barefoot and having them spread out their toes and grip the floor. Try 20 of each on each leg, taking time between each exercise to reset the feet.

1. Straight knee lift
2. One leg hip bridge
3. Leg swings
4. Bowler squat
5. Releve squat walks
6. Knee drive
7. One leg skip

ankles

Glutes

Hamstrings

Hips

Turns

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

BOWLER SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

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

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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