

OFF SEASON: CONSISTENT TURNS

CATEGORIES: Balance, Strength

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/off-season-consistent-turns/>

Do each exercise for 60 seconds. All Bosu ball exercises can be done on the floor on on a folded up towel. Rest for 20 seconds between exercises Repeat the circuit 1-3 times.

Abs

ankles

Core

Full Body

Turns

BOSU BALL DEADLIFT

LEVEL: Advanced

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>

SUMO SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

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

BOSU BALL TOE TAPS

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-ball-toe-taps/>

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/inch-worm/>