

ANKLE STABILITY

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

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

Your calves and ankles are so important and overlooked, especially for turns. Weak ankles can lead to bent knees which can hurt your hips and back too. Strengthening your ankles and the muscles surrounding them will not only give you beautiful lines in releve and en pointe, but they'll keep you stable and save you from future injuries.

1. Knee drive (12 each leg)
2. Skater Hop (8 Each Leg)
3. Passe extend. (12 each leg)
4. One Leg Hip Bridge (10 Each Leg)
5. Wide to Narrow Reverse Lunge (10 each leg)

REPEAT 3 TIMES

ankles

Turns

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

WIDE TO NARROW REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-reverse-lunge/>