

## ANKLE STRENGTH

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/ankle-strength-2/>

It's been requested multiple times so here's another training plan to help your dancers increase their ankle strength. Many of these can be done at home while brushing their teeth or doing homework so don't shy away from sending your dancers home with a few to try. Remove the jump from some exercises if you need to make it easier. Do each exercise for 40 seconds and rest for 20 if doing a circuit. If doing individually follow the repetitions below.

1. 20 total, 2 times through
  2. 10-12 each side, 3 times through
  3. 10 total, 3 times through
  4. 10-12 each side, 3 times through
  5. 20 total, 3 times through
  6. 10 total, 3 times through
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## CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

## RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

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

## DOUBLE LUNGE PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/double-lunge-press/>

## ONE LEG SKIP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Warm Up

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

## SKATER SQUAT

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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

## 180 DEGREE JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>