



PLAN DETAILS

ENDURANCE

CATEGORIES: Endurance, Partners, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

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

Increase your dancer's endurance by introducing cardio that pairs as strength training so they can get stronger in a way that translates to what they're doing on the floor.

1. 30-45 seconds each, 3 times through
2. 10 total, 3 times through
3. 20 total, 3 times through
4. 10 total, 3 times through
5. 10 total, 3 times through
6. 30-45 seconds each, 3 times through

Abs

ankles

arms

Core

Full Body

Glutes

Hamstrings

Turns

Upper Body

PARTNER LUNGE HIGH KNEE

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Partners, Power, Warm Up

<https://dancer-fitness.com/exercise/partner-lunge-high-knee/>

TUCK PLANK

LEVEL: Advanced

CATEGORY: Balance, Endurance, Strength, Warm Up

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

SPEED BAG JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/speed-bag-jump/>

ROTATING SQUAT HOP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/power-jack/>

FAST FEET

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>